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LEARN

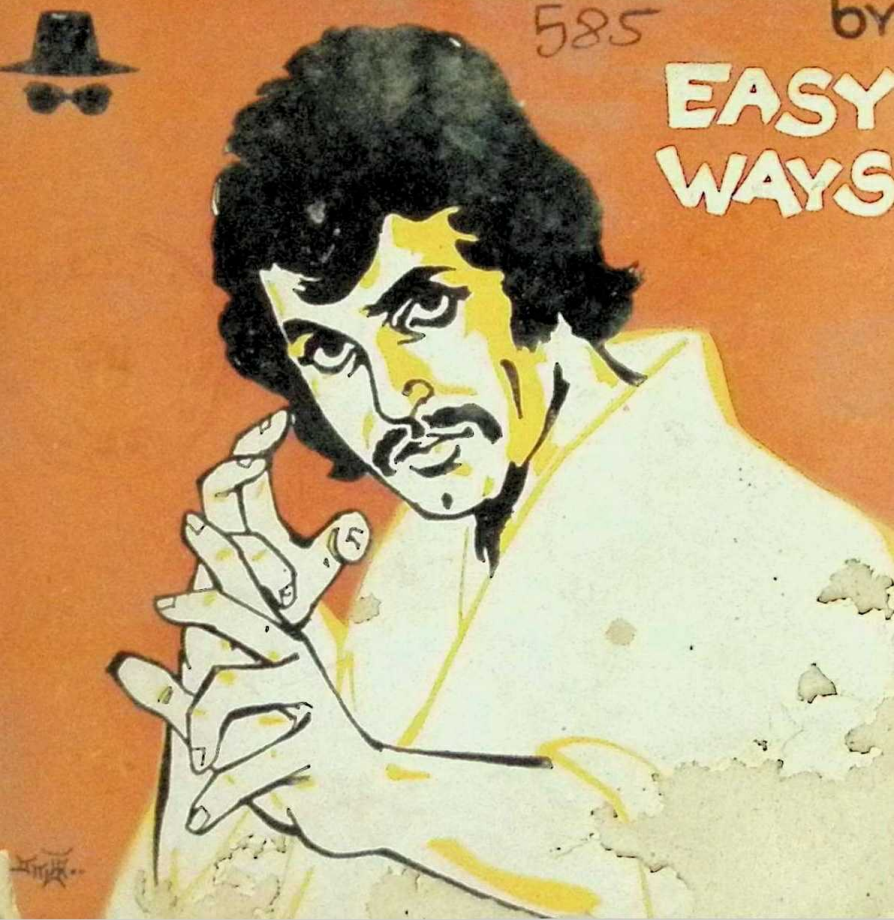
KARATE

TAMILVANAN MASTER OF ALL SUBJECTS

585

by

EASY WAYS



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SPORTS & GAMES

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Dr. Tamilvanan

MASTER OF
ALL SUBJECTS

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LEARN KARATE

BY

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Learn Karate by Easy Ways

Karate is a Japanese word. 'Kara' means 'bare' and 'te' means 'hand'. "Karate", thus means "bare hand". Karate teaches us how to protect ourselves from our enemies just with the use of bare hands and without resorting to any weapons.

Karate as a weapon of war has a hoary tradition. However, only in recent years it has gained momentum and is spreading throughout the world. It is spreading fast, is bound to hold sway over the entire world and will flourish for ever. Karate took roots only in Japan and that too in the underground. The secrets of Karate were the preserve of the Japanese alone.

Soon after the second world war, the American soldiers started learning Karate and as a result, it made its entry into America. Later it gained support in the European countries. Karate has an interesting origin. An Indian prince, during his hunting game, chanced to observe certain wild animals attacking one another. He made a study of the methods of the attack, which paved the way for the birth of Karate system, This system found its way from India to China and from there to Japan.

Today, in Japan there are a large number of Karate schools and Karate is a compulsory subject of study in all the schools and colleges.

One with a knowledge of Karate can feel safe in all adverse circumstances and protect himself from the enemies. Learners of the art of Karate should give an undertaking that they will use the art only in times of need and that too only for self-defence and never to attack others. The aim of Karate is that it should never be misused.

Learners of Karate improve their physique and develop maturity of mind.

They never get excited or perturbed. The self-confidence gained through the practice of Karate banishes the element of fear from their minds.

The knowledge that the other man is a Karate expert will drive away the enemies, be they thieves, dacoits, or high-way robbers.

The film "Enter the Dragon" a full length Karate picture and a box-office hit has kindled the desire in everybody to learn Karate. There are viewers who have seen the film times without number.

Bruce Lee who figured in the film was a master in Karate and winner of the black belt. He gave lessons in Karate through television and popularised the art in America. "Kung Fu" was the name he gave to Karate in America.

Bruce Lee is no more with us today.

Self-defence is the first step in Karate. A knowledge of Karate helps us to arrest the blows of the enemy. We can protect ourselves from a group of even seven or eigh persons, counter-attack them and chase them away.

The practitioners of Karate use one only their hands and legs as weapons of self-defence and counter-attacks. Through proper exercises they build up their muscles and keep their hands and legs strong and healthy. They acquire the skill and intelligence to withstand the attacks of the enemy.

Swiftness of action is what matters most in the practice of Karate. Hands and legs should simultaneously attack the enemy within split seconds. The first and foremost requisite in the art of Karate is speed, speed and speed.

The expert in Karate can break into pieces a number of bricks. tiles or planks piled one over the other just with the strength of his bare hands. He can easily break as many as seventeen tiles with one stroke of his hand; he can break into pieces seven tiles through the strength of his head. Breaking coconuts in a single stroke is a child's play for him.

He can easily throw aside a sturdy lamp-post with just a kick. Karate training gives him such amazing strength.

The place where Karate is taught is known as "Dojo" Students practise Karate, wearing loose pyjamas and shirt.

As soon as he senses danger, the Karate expert assumes certain postures to meet the enemy. His very stance will indicate that he is a Karate expert and the enemy will shudder at the very posture.

Of late, even women folk are learning Karate. They can move about all alone in the dark and protect thmeselves against eve- teasers and loafers. One is admitted into the Karate classes only on production of a conduct certificate from the police. Hence all and sundry cannot learn Karate. The wicked can never gain entry into the Karate classes.

It is desirable and easier at the same time to learn Karate in the early years.

Experts in Karate are known as "Karate Masters."

To obtain a black belt in Karate, one should have undergone severe training for at least three years and should have learnt the intricacies of the art. To acquire black belt is very difficult indeed!

To qualify as a master in Karate one should pass through three stages. The first to be awarded is the white belt. And here too there are three kinds of white belts. Practice for atleast ten months is necessary to successfully complete this stage. The student should then qualify for the brown belt where too there are three kinds. Only complete and thorough mastery of Karate entitles the student for the black belt. The art of Karate is as deep and expansive as an ocean To master all the techniques of Karate will take a life-time. It is a continuous process of learning.

There was a time when Karate was regarded as an art of self-defence and counter-attack. Today it is recognised as a game. Even in the olympics competitions in Karate are held.

Any one can learn Karate at any stage.

Age is no bar for learning the art For instance, In Japan, even people in their 70's and 80's are learning karate. Karate is also known by different names like "Kung Fu" "Kenpo" and "Shodo Kenryu".

However, people having heart ailments or who are suffering from blood pressure should not take seriously to Karate. At best they can practise the initial easy lessons in Karate as just exercises.

A Karate expert knows on which parts of the enemy's body he must strike at Without causing any injury or causing blood-shed, he can attack the enemy and chase him away or floor him senseless. The peculiar feature of Karate is that the opponent, though made inactive and immobile, will not have any blood stains or injuries on his body.

Karate demonstrates how bare hands can serve as powerful weapons against the assailant.

Karate Works Wonders :

Karate is spreading fast throughout the world and along with it, the desire to learn the art

Cicizens of all nations and persons of all faiths are learning Karate today. In the world of today nothing is comparable to Karate as a powerful weapon of self-defence.

One who knows Karate need not carry any weapons with him. Bare hands and bare legs alone are his weapons. With the efficient use of these weapons, he can defend himself from any attacks

One, be it a man or woman, with a knowledge of Karate does not fear going alone. Day or night makes no difference to him.

Are you threatened at gun-point? You need not fear, if you know Karate The assailant can be defeated in no time.

Are you being waylaid by two or three persons with sharp weapons? Your knowledge of Karate will help you to strike them down in a matter of minutes.

Are you confronted by a group of persons? Even though you cannot fight against them, if you know Karate, you can atleast escape their clutches and run away.

One who knows Karate can do everything at lightning speed. Nobody can do him any harm.

Karate- A time immemorial Art

Karate is a time-honoured art. It was in existence thousands of years back. It was born a few thousand years before the birth of Christ.

Unfortunately however, there is no historical evidence or authoritative works as to the growth of this ancient art.

The art has grown over the centuries through word of mouth and has been passed on to us from generation to generation. In fact the seed of Karate was sown in the soil of India. Very few people are aware of this. It is being said that Japan is the cradle of Karate and it grew in Japan. But this is a misconception.

Nor is it true that China is the birth-place of Karate. In fact long before man discoverd Karate, animals had been practising the Karate methods of fighting. Karate is thus quite ancient beyond all imagination.

Growth of Karate in China

Four hundred years before the birth of Jesus Christ, a Buddhist monk, by name Bodhi Dharma, went from India to China, to propagate Buddhism. Besides the tenets of pious living, he trained the Chinese in the art of Karate,

Growth of Karate in Japan.

From China, Karate travelled to Okina Island in Japan. It was there that rules and regulations for the practice of Karate were codified. In Japan the growth has been phenomenal.

Seldom there are persons in Japan who do not know Karate. In Japan, Karate is a compulsory subject of study in schools and colleges. Both men and women are practising Karate. In the army and police too, Karate

plays a vital part. Karate has thus become a way of life in Japan.

The first thing a Karate-knowing person should do is to defend himself from the enemy's attack. At the same time if unavoidable, he should pounce upon him at lightning speed and strike him down. Speed is the essence of Karate!

Weapons in 'Karate'

The weapons used in 'Karate' are fist edge of hand elbow, back of the hand, footand sides of the foot. Nature has endowed us with all these weapons. If we use these against the opponent in the right place and right method, he is bound to fall down, thoroughly exhausted.

Concentration is most essential in Karate. When one practises Karate in all concentration' success is assured. He acquires a mental equilibrium that helps him to face any situation and solve any problems in life. No power on earth can arrest his progress.

Mere theorotical knowledge will not suffice in Karate. Practice alone will make one perfect. Everyday one should practice with fullenthusiasm, the different exercises in Karate regularly and systematically. Long hours are not necessary but regular practice without break is.

Karate may even be termed as a game. Just as wrestling and boxin- are Considered as mighty games, so also Karate is today valued as a spirited game.

Which is superior— Karate or boxing?

Which is superior in the world today, Karate or Boxing? The poser puzzles most:

Boxing too, like Karate, is becoming increasingly popular throughout the world. Mohammed Ali is the acknowledged world champion in boxing He proclaimed that he was prepared to fight against the foremost Karate champion and prove to the world the superiority of boxing over Karate.

A competition was arranged in Tokyo between Mohammed Ali and a prominent Karate champion. A huge audience from different parts of the world had assembled to witness the dramatic event.

Both Mohammed Ali and the Karate champion should attack each other in their chosen fields of warfare.

High wagers were made and the amount accumulated in crores.

The result?

Disappointment awaited the audience.

Neither Mohammed Ali nor the Karate champion could claim victory. The competition resulted in a draw The benefiiciaries in the competition were the competitors themselves. Each of them collected crores of dollars. With a sunken heart the audience had to return.

The boxer and the Karate champion joined hands in fooling the public through a clever ruse. Different views were set afloat by the people. The protaganists of the Karate champion expressed that their man could have easily defeated the boxer, if alone he had wished so. However he did not do it lest the image of boxing is soiled. Likewise the supporters of the boxer felt that the boxer could have easily emerged victorious, had he willed so. But the boxer wanted to respect the art of Karate and so he did not over throw the Karate champion.

The truth was however different. The organisers of the show had decided quite earlier that none should become the winner and the competition should end in a draw.

My personal view however is that the Karate champion would have beaten the boxing champion hallow even in the third round. And the reason is that while the boxing champion could use his hands alone, the Karate expert could use his hands and legs as well. The Karate champion could easily evade the boxer and keeping himself at a distance, could attack the boxer with his legs and floor him easily.

Tenets of Karate

Ascetics can only control their mind; they seldom worry about their body. As a result, ascetics, saints and sages are not able to protect themselves when attacked by others.

The principle of Karate is totaliy different. In Karate one should keep his body strong and healthy, besides controlling the mind at the same time.

To keep the body strong, learners of Karate should take the prescribed exercises daily. They should, at the same time, devote some time for prayer everyday so as to keep the mind pure.

Self-control helps them to free themselves from unattainable ambitions. Thus they raise themselves to the stature of an ascetic.

Since the Karate practitioners keep their body strong, they are able to successfully defend themselves from their enemies, irrespective of their number, just by using their bare hands. They should never get emotinal or get offended; they should sympathise with their enemy in the faith that the opponent chose to attack them more in a fit of rage rather than for any specific reasons. In such situations the Karate expert should only take the defensive stance.

one should know how to evade the blows of the enemies and escape. This is the main principle of Karate. Even when the enemy continues attacking, the Karate man should concentrate on defending himself and never attack the enemy. That is the reason why those who know Karate never involve themselves in unnecesary quarrels. They always keep calm and remain quiet. Karate trains us not only in fighting but helps us on controlling our mind. Those who know Karate never fight among themselves.

In all, there are thirty lessons in Karate. To master all the thirty lessons will take years of continuous practice. In Karate, only when it is known beyond doubt that the enemy belongs to the dangerous category and might spell

disaster to man kind. counter-attacks should be resorted to.

What Karate can do to the enemy?

A kick with the leg can at times break the thigh-bones of the enemy; it may even prove fatal

"Sanen Goroshi ' is a Karate system practised by the Japanese where mere hand alone is used against the enemy. The enemy does not experience any immediate pain or sprain and will remain normal to all outward appearance. The after-effects of the attack will be known only after a few days. Pain will show itself and increase in slow degrees and ultimately he meets his end.

In 'Junen Goroshi," the enemy suffers the hell of a life before he dies.

However, not even the most cruel of the Karate practitioners resort to such a deadly attack.

Who can learn Karate ?

Karate can be learnt by any one at any stage of his life. Boys, girls, the younger group and even elderly men and women-all can learn Karate to suit their age and health. Not necessarily the strong and hefty. One therefore need not unduly hesitate in learning Karate. Medium build and normal health will quite suffice. Regular practice of Karate will help one to pick up health and build up physique. Weight will increase and health will improve as a result of the exercises.

Those who learn Karate generally happen to be men. This has given room for people to think that Karate is only a men's game. This is not true. Karate can be learnt by women also. In fact many women are practising Karate today. Karate endows them with a handsome figure. Fat is reduced; they become slim and attractive

Karate proves a handy weapon for women at all times and on all occasions of emergency and threat. Darkness poses no problem to them. Fear does not enter their minds. Self-confidence and will-power take its place. They become bold enough to lead their lives single without even the company of a man, if need be.

It is believed that when women learn Karate they lose their womanliness and behave like men It is not correct; it is a misconception.

When they practise Karate, women experience the same feelings as when they learn Bharata Natya. Can we say that Bharata Natya artistes lose their womanliness? No, never. In the same manner, girls who take to Karate never lose their womanliness.

Those who have liver complaints or suffer from breathing troubles should never practise Karate. There is no harm however, in people having a mild blood - pressure or stomach complaints practising Karate.

Should one necessarily attend Karate Classes ?

In recent years a number of Karate schools have sprung up in all the metropolitan centres. Masters of Karate are running these schools, known as "Dojos".

It is not necessary for one to attend these institutions in order to learn Karate. you can learn Karate even at home. One can learn Karate by himself without assistance. As a matter of fact, we shall be learning only the initial lessons in Karate. Unless your desire is to become a master or get a belt, you need not attend any Karate school. Schools are for those who want to become proficient in the art.

A boxer starts his exercise by striking against a sand-bag In due course he gets trained in the art through mock - fights. How can any body at the outset enter a straight contest ?

In boxing, a learner rquires atleast a sand - bag for his practice. In Karate the learner needs nothing. He can practise Karate himself with no assistance at all. How do we practise physical exercises ? Solely and alone. Likewise you canl earn Karate all by yourself. It will prove very helpful to you to escape the attacks of the enemy. He never lies the virtue of Karate.

Karate can be practised in the morning or evening. However mornings are ideal for practising Karate and half-an-hour's regular practice in the morning will yield better results than an hour's practice in the evening.

Karate involves no other equipment except the 'Kimano' i.e., a loose pyjama and Jibba. Expensess for this dress are very little. If we choose a "Dojo" we have to pay the prescribed fee. When we practise Karate at home, we can save this expense. Hence even the poor can learn Karate.

The learner should practise Karate in a loose pyjama and jibba. The space required for practising Karate is

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ten square yards. You can practise it either in a spacious room or in the open air. Practice in the open air, preferably in the lawns of your garden will be ideal and quite healthy.

How Karate is taught in the institutions?

Training Institutions in Karate are known as "Dojos". The training is governed by certain rules and regulations. The student should attend the classes on time and classes will commence at regular hours. Exercises should be practised in groups under the supervision of a master, who corrects you on the spot.

It is but natural that the beginner commits mistakes during training. Mistakes when left unchecked are difficult to mend later. Beginners will therefore do well to correct their mistakes then and there.

In "Dojos," training is given from one to two hours a day. The students practise exercises in a group. In the initial stages two days a week is enough. However an extra practice of half an hour at least either in the morning or evening at home is necessary.

Different kinds of belts are awarded to the students to indicate the standard reached by them. White belt is awarded first; next comes light-red belt; the third stage is reached when the student receives the brownbelt Black belt is finally awarded to indicate complete proficiency in Karate.

There is no strict formula in awarding the belts There are Karate masters who award green belts instea

of light-red belts and yellow belts instead of brown belts. Colour is just a matter of choice and convenience, though of course, the different colours signify the degree of competence reached. Even the system of teaching Karate varies from institution to institution.

The students should not decide for themselves as to the colour in which the belt is to be awarded. It is left to the Karate masters to decide on the colour. And the belts are awarded only after you prove your ability in the competitions.

In the institutions, students are required to practise 'Karate' in Kimano. Even otherwise, for one who has reached a reasonable standard in the art, Kimano is necessary.

However at home, the beginner may plractise Karate, wearing even an underwear and baniyan, though 'Kimano' will be the ideal outfit. Even here, if you practise in the open air, Kimano is desirable. A Kimano dress is now-a-days available ready-made in many textile shops. The size is almost the same for every body. Even if it is not available at shops, any tailor can make it easily.

"Is there any secret in Karate?"

No, there is absolutely none.

There are some among the Karate le. rners who think that they should learn it in secret. In fact the rules and regulations of Karate are an open-look. All those who know Karate are familiar with the rules.

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There was a time in Japan when learning Karate was illegal. The aspirants therefore, had to learn the art in secret. However in order to respect law they kept their knowledge a secret. But to-day there is no ban any where in the world on learning Karate. Karate is a open to all. Anybody can learn it, any where. Some Karate masters are spreading the myth that the methods of Karate should be kept a secret. This they do, for fear of losing their means of livelihood.

To give an analogy, shorthand is Greek and Latin to those who do not know it. It is believed that it is a subject exclusively reserved for the bright and talented. People think that shorthand-knowing persons are more intelligent than and superior to others. This is nothing but ignorance. Whoever learns shorthand can master it. And no superior intelligence is required for learning shorthand. The same is true in the case of Karate as well.

Karate is easy to those who have learnt it and difficult to those who have not learnt it. Let not anybody think that Karate is a very difficult art. Karate can be learnt by one and all. It comes easy to those who take pains to learn it. Is not Karate ultimately a sort of physical exercise?

Karate is now-a-days learnt by the police and army personnel, to whom it is indispensable.

It is at the same time useful for the common man to defend himself against thieves and robbers and save himself from street brawls. He needs to know atleast certain very important methods.

Days are gone when Karate was considered as an art for self - defence and counter - attack. Karate is today respected even as a game and acknowledged as such throughout the world.

Exercises under Karate

There are a host of exercises to be practised in Karate. However the most important of these are given in this book.

It is essential that students of Karate should keep their legs strong and healthy. To achieve this, they should practise certain specific exercises which are quite different from the normal physical exercises.

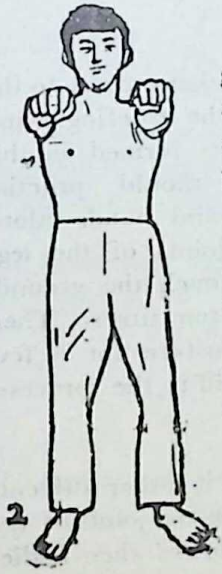
You should practise the exercises appearing in the following pages regularly every day. Regular practice is more important than duration. The exercises should be done in empty stomach. And early mornings are most suited for the practice.

You can do most of the exercises all by yourself. Only a few exercises require the assistance of a partner. Regular and continuous practice of these exercises strengthen your alertness. You can act as swifty as a tiger, a leopard or a deer. Every part of your body will function briskly as if it were electrified. you will acquire lightning speed.

Exercise-1

Keep your legs closer and bend a little. Place both your hands on the joints of the lower legs. Press your legs to the ground and move your hip and ankles anti-clockwise. i.e right to left, so that there is a circular movement. Practise this from 20 to 30 times. As the next step you should direct the movement clockwise i.e, from left to right.

Exercise—2



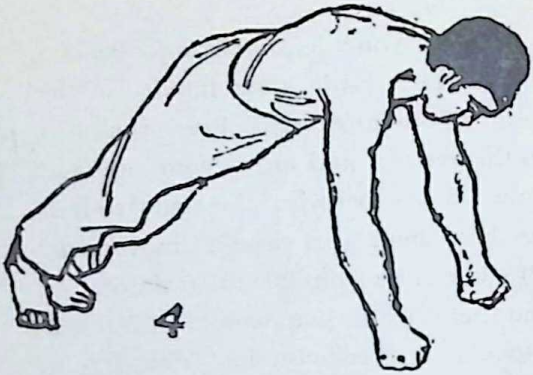
Keep your legs wide apart with a gap of atleast three feet in between and stand erect. The tips of your feet should remain directed outwards. Bend your legs a little at the same time.

Stretch forward your arms against the shoulders, tighten your fingers and form a fist. Keeping your arms stretched, open and close your hands in quick succession. Repeat this exercise a number of times (Illustration—2).

This exercise will help you to secure a firm hold on the enemy and is of great importance.

Exercise—3

3



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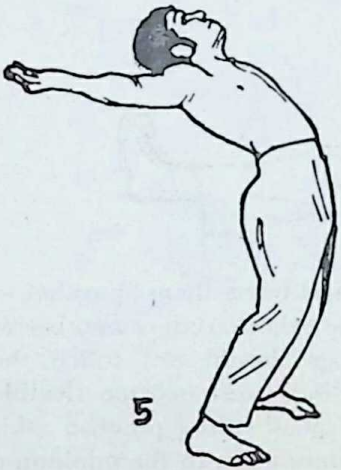
This exercise is more or less similar to 'push ups' or 'Dhandal', as we know it. In 'push ups' however, hands are not kept closed. Here hands are kept closed as in Illustration No—3.

Tighten your fingers, and keep them close to the palm, pressing the thumb tight on the forefinger and middle finger. Pressing both the fists formed in this manner against the ground, you should practise 'Push ups'. The tips of your feet and hands alone should touch the ground. Raise the joints of the legs upwards and lower them at once to touch the ground. Go on repeating the exercise for about ten times. Then raise your entire body, maintain that posture for a few seconds, taking care to keep the arms stiff in the process. Lower the body now (Illustration 4).

Elderly people and women will find it rather difficult to practise this exercise. They can press the joints of the legs against the ground and raise and lower their bodies

to the extent possible. The invalid and old should not attempt difficult exercises.

Exercise-4



Keep your legs wide apart to the extent possible. Raise your arms comfortably and keep your hands open. The palms should look for ward Without bending the legs, lower the body, bend backwards and touch the ground with your hands. When bending backwards, your face should remain directed towards the roof The posture should remind you of the letter 'X'. Practise this exercise a few times and then relax. It will take you some time to achieve complete success in this exercise. But on no account you should slacken your effrots (Illustration 5).

In Karate the hip should have more strength than the other parts of the body. This exercise will add strength to the hip and portions nearer to the private parts.

Exercise 5

Stretch yourself flat on the ground. Close up your legs together Bring both your hands together behind the neck. Raise your legs slowly and bring them parallel to to the head.

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Lower your legs now, taking care that the legs do not touch the ground. As soon as the legs reach the

6

ground, raise them up again and bring them parallel to the head once again. Continue this exercise a number of times. Remember that the legs should not touch the ground (Illustration 6). Your body will become flexible as a result of this exercise. You should practise this exercise from twenty to thirty times a day in the minimum.

The muscles of your stomach will gain an amazing strength through this exercise. you will never become pot - bellied.

Exercise-6

7

Assume the sitting posture. Bend your legs, bring both your feet face-to-face and hold them tight with your hands. Lift your feet upwards and then bring them again downwards to the ground, with the heels pressing the ground.

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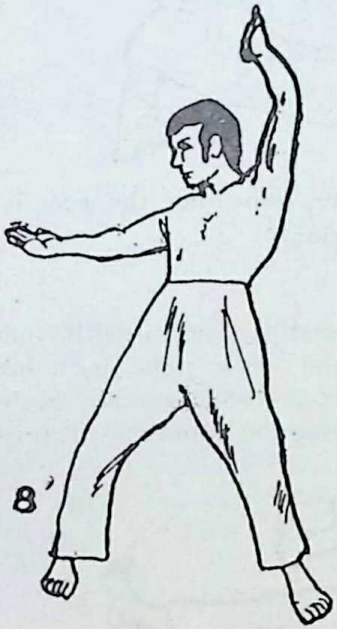
(Illustration—7)

Quite a simple exercise. Yet in the initial stages, you will feel some pain in your legs. You should do this exercise not less than thirty times a day without break.

This exercise will strengthen the muscles of the legs. The joints of the legs and hip acquire easy movements.

Exercise-7



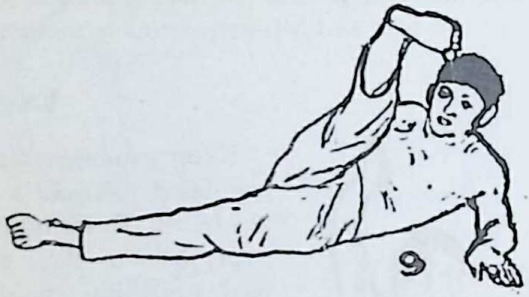
Keep your legs well apart and bend yourself a little to the back. Raise both of your arms above the shoulders and brandish your arms clock-wise and anti-clockwise. when brandishing your right arm, lean to the right and when brandishing your left arm lean to the left. Before your body, now slight bent, occupies its original position, commence brandishing the arms alternatively Bend your body according to the movements of the arms.

(Illustrtion 8)

Exercise 8

Stretch both your legs, fix your left hand on the ground and lie down with the left side of your body touching the ground. Lift your right leg, bend it backwards and bring it forward once again, Ensure that the right eg moves backwards and forward in a circular fashion.

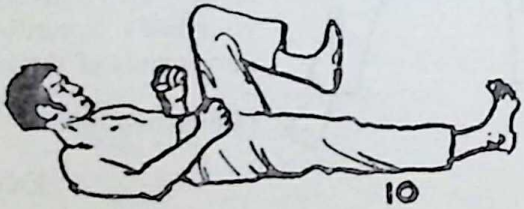
The toes should remain low and the heel bent. You should move your leg in this posture. The movement of the right' leg should indicate a kick. Repeat this exercise fifteen times. Now lie down on the right leg and train



the left leg in a similar manner, repeating the exercise another fifteen times. (Illustration 9)

Exercise 9

Keep your legs well apart and lie down with your back resting on the ground. Bend your right leg a bit, raise it a little upwards and stretch it as if you are in the act of kicking. This is one among the numerous Karate



kicks. Similarly practise the same exercise, applying your left hand. Keep your hands closed and continue the act of kicking using the right and left leg alternatively. (Illustration 10). Only then, you will acquire speed. The kick will fall forcefully on the enemy.

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Exercise 10

11

Assume the sitting posture with your arms fixed up on the ground and legs stretched. (Illustration 11) Keep your right leg as it is and move the left leg as faster as possible. Of course your leg can touch the ground. Now bring your left leg to the orginal posture. When doing so, see that the tip of the left leg touches the right ankle. Repeat this ten times. Next, practise the exercise with the right leg in a similar manner. It is still more desirable if you could raise your hip and bend your leg, keeping at the same time the hands firmly fixed on the ground. This exercise more or less resembles a circus feat.

Exercise 11

12

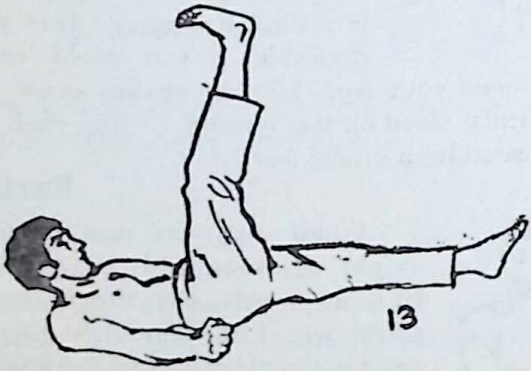
Stand erect and pass on the entire weight of your body to the left feet. In other words, you should stand on a single leg. Lift your right leg, slightly bend it and clasp its with both your hands (Illustration 12). In doing so, the right hand should clasp it on the upper side and the left hand on the lower side. Remove your hands all of a sudden and give a kick, keeping your leg on the right side. Your leg should function like a spring at this moment.

Now practise the same exercise with the right leg firmly fixed on the ground and the left leg in similar clasp. Give a kick keeping the leg on the left side.

This exercise should be limited to six times only even after thorough practice. Temperance is what is required most in this exercise.

Exercise 12

Lie down with your back on the ground and legs slightly bent. Lift your right leg up and give a kick as if you are hitting at a ball two feet above your stomach. (Illustration13). Practise this for two minutes and then do



it with your left leg. To start with, give a light kick. In due course you should use more force. Only then, you will not experience pain or sprain in the legs.

Exercise 13

Keep your legs wide apart with a gap of atleast three feet in between. Bend your legs in such a way that the legs remain bent inside and the heels outside. This stand is known as "Kiba dachi."

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Place the entire weight of your body on your right leg, lift your left leg up to the extent necessary and join it with your right thigh. In the same way, place the entire weight of your body on your left leg, lift your right leg and join it with your left thigh. Practise this exercise alternatively with the two legs in lightning speed, maintaining the flexbility of the body at the same time. The duration of this exercise is two minutes. Only at the completion of the exercise, you should stand straight on your two legs.

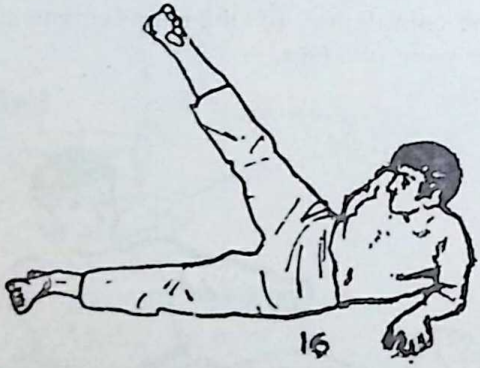
Exercise 14

Assume the sitting posture with your two legs joined together and stretched at ease. Tighten your fingers, close your hands pressing the forefingerand middle finger with

the thumb and then strike with the fist. When the right hand is in action, the left hand should look upwards by the side. Pull your right hand backwards and close your left hand tight. When the left hand is in action, it should face downwards, the thumb pressing the forefinger and midle finger. When one hand is in action, the other one should look upwards by the side (Illustration 15). You should strike with the fist in lightning speed. Lift your legs slightly when your hands are in action.

The muscles of your stomach get strengthened through this excrcise. Women too can practise this exercise quite easily.

Exercise 15

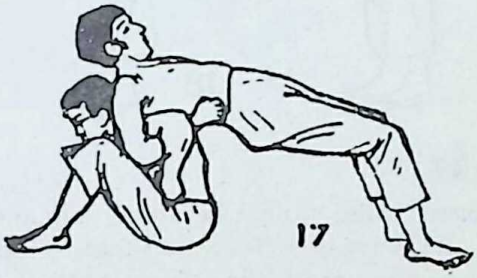


It requires practice for you to use the hands alternatively. Kicking on the sides is known as "Yogo Geri" in Japanese. We know it as "Side kick" in English. Details of this side kick are furnished in this exercise.

Lie down pressing the left hand firm on the ground and with the left part of your body lying on the side.

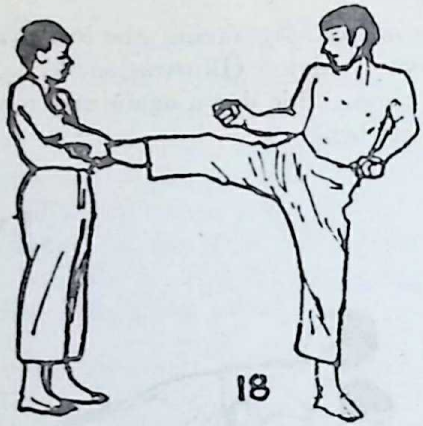
Keep the tips of your leg facing the left and raising the right leg, give a kick (Illustration 16). Practise this exercise five times. Lie down again and repeat the exercise with the left leg.

Exercise 16



This exercise requires a partner. Choose another learner as your partner.

Both of you should stand with your backs pressed against each other, Intertwine your arms (Illustration 17). With yonr arms thus intertwined, squat on the ground. Your partner should now bend his legs and press his back against yours. Keeping his feet firm on the ground, he should attempt to attack you. Pressing the muscles of the stomach and back, you should ward off his attacks. The partner should then loosen his grip. This time the partner should squat on the ground and you should attempt to attack him. It is essential at this stage that both of you should treat this only as a mock-fight. Practise this exercise five times a day.



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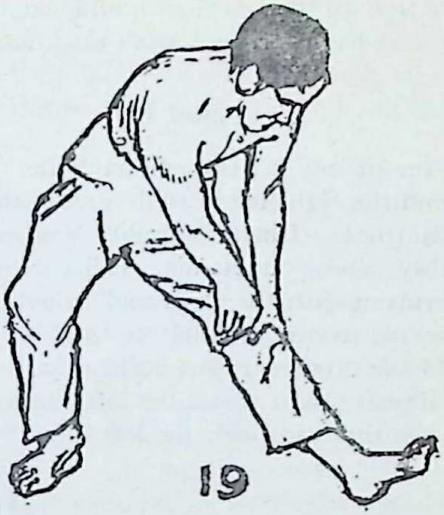
Exercise 17

This exercise also cannot be done solo and requires a partner (Illustration 18). Stand face to face with the partner at a distance of three feet. Shift the weight of your entire body to the left leg, bending it a little. Bend your body towards the right, lift up your leg and stretch it forward so that the right foot touches the partner's stomach, with your heel turned towards the partner's right side.

At this stage, the partner should clasp your ankle tight and pull you. And you should resist his efforts by holding to the ground with your left leg and leaning backwards. You should not fall down and should manage the situation. Twenty seconds later, you should give a kick with your left leg. As soon as your left leg reaches his stomach, the partner should try to knock you down by catching hold of your leg and twisting it downwards. After practising this exercise three times with the left leg, you should ask your partner to kick you in a similar manner. You should now try to throw him to the ground.



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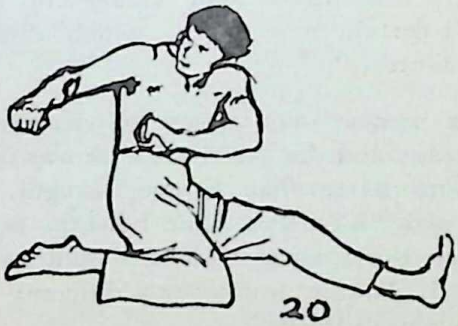
Exercise 18

Assume the standing posture. Bend both your legs a little. Now stretch your left leg towards the left, stand on the heels, stoop down and press the left knee down-



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wards with both the hands (Illustration 19). When you are in the act of pressing the left knee, your right leg should be kept slightly bent.

This practice to the left leg should be extended to the right leg also, each for a minute's duration.

Exercise 19

Assume the sitting posture. Stretch the left leg forward and bend the right leg in such a way that it comes close to the buttocks. (Illustration 20) You may bend the left-leg suitably, close your hands and lift them up a little. Raise your arms against the chest and move one of the hands backwards to run parallel to the hip. The other hand should have movements at a distance. Practise this exercise ten times. Next, bend the left leg and continue the practice ten times towards the left side.

How many systems are there in Karate ?

The basic principle of karate is the same everywhere. With the rapid spread of this culture throughout the world, every country introduced some changes in the system and included certain new items, which differed from country to country.

Different names were given to Karate by the Chinese Koreans and the British. Karate was thus known under different names like Kenpo Kungfu, Gung Fu Gkinawe-Te and Shibo-Ryo. One however need not get confused over the names. These countries perhaps thought that if Karate was given a different name. It would improve in its image.

The Americans gave Karate the name Kung-Fu. The credit of popularising Kung-Fu in America goes

to the film actor Bruce Lee. Bruce Lee was a Karate champion of a very high order. The films in which he had acted were all box-office hits and these in effect kindled the desire of people throughout the world to learn the art of Kung-Fu.

When the film "Enter the Dragon" was released in our country sometime back, it created a stir. There is seldom any one who has not seen the film. It is a film full of Karate Fights. Bruce Lee has proved in the film without a shadow of doubt that one can score a victory over his opponents just with the skill of fingers and without the use of any weapon like sword or gun. No other film in recent years has collected such huge funds. Bruce Lee is now no more with us. However there are people even today who would not believe that he is dead. He is such an ever-green hero.

In America, Bruce Lee gave lessons in Kung-Fu through the television and earned a large number of followers.

The Americans who were hither to accustomed to films where weapons like bombs, guns and swords alone played a dominant part, found something new and attractive in Kung-Fu where no weapon other than just hands were used to attack and rout the enemies. People flocked around Bruce Lee to learn Karate now known in the new name of "Kung—Fu". Quite a number of famous Holywood actors and actresses became his disciples.

Every game has its own rules and regulations. Cricket, tennis and foot-ball have their own rules. Karate too has its own rules, which equally apply to Kenpo, Kung Fu, kenawe-Te and Shito-Ryo.

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Different systems are adopted in teaching Karate. In some systems hands play the dominant part and in some others legs are widely used. In certain branches, force is given prime importance and speed in yet others.

Is not there individual styles in the manner of walking ? Likewise, different Karate masters follow different styles and train their students in their own chosen style. And though each master may claim superiority to his method of instruction, in truth and effect all are one and the same, the basic principle being common to all the systems.

Karate can be self-taught

One can learn Karate by himself. There is no doubt about it. It is for the very reason this book has been written. Keep this book by your side and practise the exercises given therein regularly. In due course you will acquire considerable proficiency in the art of Karate and realise its hidden powers.

First you should learn to practise the movements of limbs and then understand how training is given in 'Dojos'. Half-baked knowledge is always dangerous and leads to many mistakes. Without a strong foundation, the structure itself collapses. In the same way knowledge of Karate without a strong base proves ineffective in guarding yourself against enemies.

Hence, the learner should proceed step by step in the acquisition of knowledge and train himself systematically, in the art of Karate.

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The five Postures in Karate

You should first understand the different postures in Karate.

It is very important to understand the posture for self-defence.

When once you understand the postures, it is easy to defend yourself against the enemies and counter-attack them. What do we understand by posture ? A particular posture teaches you how to move your legs, how to place your hands and how to keep your hip. In Krate every type of posture requires particular movements to be made. The five postures are.

1. Yoi
2. Zen Kutsu
3. Kiba Dashi
4. Niko or Ashi Dashi and
5. Ko Kutsu

in the Japanese language.

You may wonder why the terms should be used and understood in Japanese alone. As you are aware, certain terminology in Science are better understood when conveyed in English rather than in the regional language. Parts of a car are better understood when expressed in English. Likewise Karate terms are better understood and become more meaningful when expressed in Japanese. The reason is that though Karate had its origin in India, it flourished only in Japan and rules and regulations of

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the art were framed only in that country. Naturally the terms acquire better significance when expressed in Japanse itself. In fact most countries use only the Japanese terms

The students of Karate should understand the five postures and train themselves in the same. Only after the completion of the training, they would come to know when and where opportunities would arise, or dangers would present themselves. Success is achieved only when you make use of Karate with full knowledge of the opportunities and dangers alike. Karate is an art which demands proper training, an intellectual acumen and to some extent favourable circumstances too. A combination of these three alone brings success to the student of Karate. A deficiency in any of the three results is disappointment and frustration.

The two techniques to escape from the enemies

Assuming suitable postures you should move your body and stretch your hands and legs as occasion demands and according to the individual requirements of the Karate exercises.

Speed is of prime importance in Karate. Certain movements necessitate the use of strength and certain others do not. And you should be a wise judge on that.

In Karate, hands and legs should be used with equal strength against the enemy. Those who are not thorougly trained will find it very difficult to arrest the enemy's attacks with hands and legs.

There are two methods to arrest the enemy's attacks.

1. When the enemy is just on the point of commencing his attack, you should ward off the blow. Both body and mind should remain alert and plunge into action with speed and precision

2. The enemy's attack should be diverted to a different direction. Does not a clever driver divert the course of the car, when a person is noticed crossing the road quite unexpectedly. It is equally possible to divert the attacks of the enemy to a different direction within the split of a second.

Both those who are throughly trained in Karate, and those who are half way through will concentrate on defence measures alone.

Only those who have mastered the art of Karate and won the black-belt will be able to adopt the first method against the enemy. It is however immaterial which method is followed. The only aim is to escape from the enemy.

Simplicity and persistence

Those who desire to learn Karate should be humble. Whatever the circumstance or provocation, they should not get perturbed or lose their temper. They should not get haughty on any account.

They should have a tenacity of purpose and should show interest and enthusiasm in learning the art. They should also be men of character.

Charcter is one of the main requisites of Karate-learning. People believe that those who know Karate are men

of character and bestow regard and respect on them. It is necessary in places like Madras, Bombay and Bangalore for people who want to get admitted in Karate institutions to produce a certificate from the Police Department to the effect that they belong to a respectable family and their character is good. Otherwise they do not get admission in the Karate Institutions.

Karate should be used only for self defence and never for agression against any body. Students of Karate should therefore never get emotional, they should never invite quarrels.

Karate is as broad and deep as an Ocean

Once who goes through this book thoroughly, understands the postures clearly and practises the exercises systematically is bound to acquire knowledge in Karate to the extent necessary to protect himself from the enemies.

It is erroneous to believe that Karate cannot be learnt without a master. To think so, indicates an inferiority complex.

In practising the exercises you should be humble, calm, patient and persistent throughout.

The exercises explain clearly as to what would happen if one particular method of counter–attack is adopted. You should understand them well. You should never attempt to practise any exercise that does not come under Karate or form your own rules and methods for adoption.

Every movement has a purpose and relevance in Karate and has a particular effect on the enemy. All

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Karate masters without exception will follow the same rules in their practice and teaching and you should also follow the same without any deviation.

Knowledge is boundless as an ocean and so is Karate. A life-time will not suffice for mastering all the techiniques of Karate. This is the view of masters who have been practising Karate for over thirty and forty years.

Some experts have specialised in counter-attacks, some in methods of self-defence and yet others in the psychology of Karate as a serious subject of study.

If weapons are used against the enemies in Karate, the results will be disastrous. The enemies will have their heads smashed and hips broken and can rarely escape death.

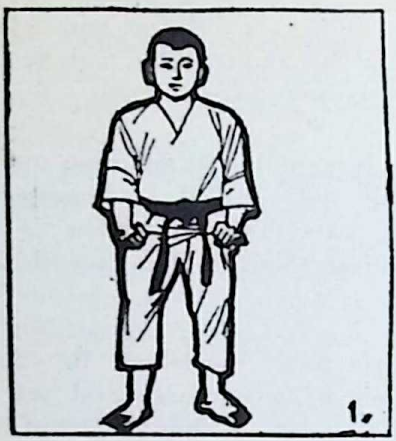
You can qualify for the black belt in four years, if you devote four or five hours a week for systematic practice. Even two years will suffice, if you could devote some more hours. The more the interest and enthusiasm, the quicker the progress.

Yoi-the state of alertness

What is 'yoi'? It is a state of constant altertness.

As soon as you realise that the enemy plans an attack on you, you should assume this posture-a defensive step.

Fix your feet firm to the ground. See that the gap between the legs is neither too wide nor too narrow. Keep your legs, straight, lower the shoulders slightly and raise up your face a little. The shoulders should remain



relaxed and hands slightly bent. In this posture you indicate that you are not afraid of the situation. (Illustration 1)

'Yoi' indicates that you are quite prepared to meet the situation and face the challenge.

In this posture you can easily protect yourself and can even launch an attack on the enemy, with better alertness and concentration on your part.

When once it becomes clear beyond doubt that the enemy plans an attack on you, there is nothing wrong in your taking the first step in attacking him. 'Yoi' comes in hands on such occasions.

You are walking along the road and find yourself suddenly surounded by a group of persons It is not clear whether they are going to attack you or just want to frighten you. You should now assume the 'Yoi' posture.

The very posture will indicate to the enemy that you are not afraid of the situation and are getting ready to meet the challenge. On the other hand if you go on just walking or prancing, the enemy will understand that you are afraid and proceed to take advantage of the situation.

Courage is your gospel. In Karate courage is what matters most. While learning Karate, you should also learn to get rid of fear and pick up courage.

When the enemy sees you in the 'Yoi' posture he will immediately understand that you are getting ready to face the danger with full confidence. As a result, the situation will change. Even if the danger continues to be there, you can face it and manage the situation successfully.

In the 'Yoi' posture, you should keep your body a bit relaxed. Only then you can attack the enemies. Those who concentrate on self-defence alone will keep their body stiff and they cannot act with speed. Hence you should avoid keeping your body stiff.

When it is your intention to escape from the enemys' attack, you should keep your legs fairly well apart and slightly bent. However, you should stand erect. The legs should withstand the attack like shock absorbers.

When you choose to attack the enemy, you should slightly press forward your hip, maintain the firm stand of your legs and start attacking in lightning speed. The reason why you should have your legs firmly rooted to the ground is that only then you can avoid falling down. A little carelessness will result in your falling down. When once you fall down, the enemy will gain the victory.

You cannot foretell what will happen next in a Karate fight. You should always be alert. Concentration is a 'must' in Karate.

Zen-Kutsu the posture for self-defence

In Yoi' you should keep yourself fit and ready both to protect yourself from and launch an attack on the enemy.

In Zen Kutsu, your only aim is to protect yourself from the enemies attack.

2.

In the Zen Kutsu posture, the upper part of the body will reman ercet, signifying an unshakable strength. The leg that is kept behind will remain stiff and bent to 45° from the ground. The leg that is kept forward will remain considerably bent with the thigh kept straight crosswards. (Illustration 2 presents the side view).

3.

The posture assumed in Zen-Kutsu is similar to that of a swordsman. (Illustration 3 presents the front view. The body remains erect and does not lean to the sides).

In this posture, you should stand erect. Only the legs should remain bent. If your body leans to either side even slightly, the chances are you may lose your balance and fall down at the enemy's attack.

Again you should not confuse yourself as to which leg is to be stretched forward. You can stretch forward either the left leg or the right. However you should practise stretching forward both the legs alternatively. To suit your convenience and as the occasion demands you can stretch either the right or left leg forward. There is no hard and fast rule in this regard.

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Advantages in the Zen Kutsu posture

The Zen Kutsu posture enables you to withstand the enemy's attack from the rear, by virtue of the legs being kept well apart and the feet firmly rooted to the ground.

The posture indicates to the enemy that his rival is well-versed in Karate and therefore hard to beat. Even the most ruthless among men will not dare to attack a Karate-knowing person, they just slip away. A full fledged Karate expert is always self-confident. He never gets excited or perturbed; he is ever calm and quiet and takes things easy. The equanimity is born out of his faith that he can always defend himself from his enemy. He alone brags whose knowledge is imperfect.

Those who assume the Zen Kutsu posture are quite capable of defending themselves from the enemy but will not and cannot take the offensive step. If however they want to launch the offensive step, they can do so but their blows will be slow and feeble, though their movements will be quite brisk.

In the Zen Kutsu posture, it is the two legs that should share equally the entire weight of the body. You should compress the muscles of the leg that is placed behind. Though difficult in the beginning practice will give you perfection

Though the legs are kept wide apart, it is very important that your feet should be firmly fixed to the ground.

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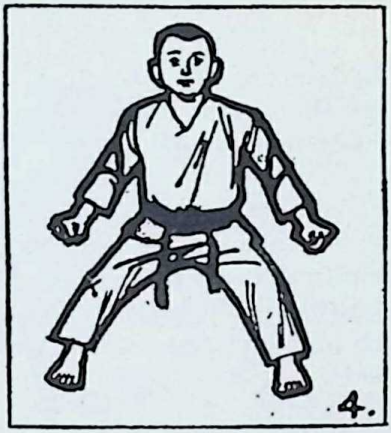
Kibadashi, the Equestrian posture



One in the Kibadasi posture will remind us of horse riding. When riding a horse, the rider sits on the back, keeping his hands and legs in a particular manner. In

the Kibadashi posture, one should stand on his legs in a similar manner. (Illustration. 4. In the front view he will be seen thus) (Illustration 5. In the side view he will appear thus).

In the Kibadashi posture, your body will not remain erect; it will remain a little inclined to the front. This is necessary to ensure perfect balancing. None can knock him down in this posture. Who can shake, the foundation? However one shonld not assume this posture, when the attack comes from the front. In this posture it is difficult to defend oneself from the enemy. When the attack comes fromt he sides, Kibadashi posture will be the ideal one. One can stretch his hands and legs sidewards and attack the enemy or defend himself.

Beginners will find it difficult to follow the Kibadashi system. One who has had considerable training in the art alone can adopt this system.

Those who had obtained the maroon belt in Karate take to learning the Kibadashi system. When once they complete the course they will understand how to counteract the attacks of the enemy.

Those who follow the system should stand as in riding and slowly move sidewards like a snail. Kibadashi should immediately remind us of horse-riding and snail.

When attacking from sidewards you should make use of the legs to a larger extent than the hands.

In the Kibadashi system, one can turn towards any direction and need not worry himself about the direction

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The knowledge that his opponent is an expert in the Kibadashi style in Karate will unnerve the enemy. You should stand with legs kept wide apart and stretched twice the length of the hip. The body should be lowered with legs bent. The nearer the body is towards the ground the better. Both the legs should be kept as on a straight as on a straight line. The thighs, lower abdomen and buttocks should be compressed and should remain stiff andstrong like steelbars. This comes of practice alone. It is well known to every Karate student that that the Kibadashi style is one of the best systems for self-protection.

Twin benefits of Ko Kutsu

The most difficult posture in Karate is Ko Kutsu. Only an expert can assume this posture. Following are the twin advantages of Ko Kutsu.

In the Ko Kutsu posture, you can protect yourself from the enemy's attacks At the same time, you can attack him with lightning speed.

In the Ko Kutsu posture, you are sure to knock your enemy down. There is no doubt about it.

It is not for the beginners to adopt. However, it is essential that they too should understand and appreciate the style

What is Ko Kutsu posture?

You should bend your body a bit forward as in the Kibadashi style. Move one of your legs forward and the other backward. In the standing posture the weight of your entire body should fall on the back leg. The front

leg should not be rooted to the ground but remain flexible. In no case should the weight of the body fall on the front leg. This is known as the "cat's paw".

In the Ko Kutsu posture the front leg remains even ready to attakh the enemy. Success is assured when your leg is stretched and hits at the enemy. When attacking the enemy, the front leg should be raised above and directed against the enemy. If necessary you can shift part of the weight to the front leg and move the back leg a little.

The boxer moves around within a limited space and meets the opponent in the Ko Kutsu posture also you can attack the enemy in a like manner. The only difference is that while the boxer fights against the opponent with both his legs bearing the weight of the body, the one in the Ko Kutsu posture fights against the enemy with the weight of the body shifted to just one leg.

In view of the peculiar stand, one cannot fight for long in the Ko Kutsu posture. If you maintain the posture for a long time, the thighs will shiver and you will experience an unbearable pain. And you will sweat profusely.

When you fight in the Ko Kutsu posture, the enemy will get defeated and fall down to the ground in a matter of seconds. There is no doubt about it.

In the Ko Kutsu posture there is no hard and fast rule as to which leg should be placed forward and which leg backward. There can be an interchange in the move ment of the legs. It all depends upon the circumstances and is purely a matter of individual convenience.

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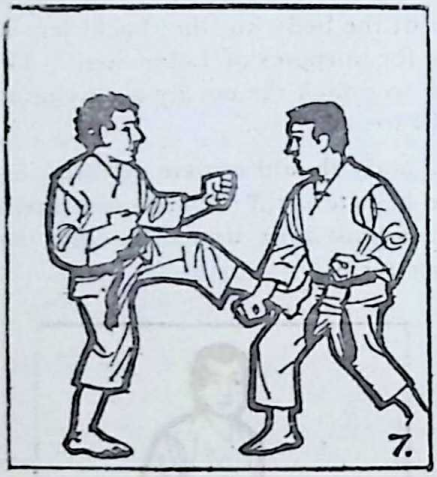
Rules to be followed in Ko Kutsu

1. Since the entire weight of your body falls on the back leg, you will soon get tired and will feel like shifting the weight to the front leg. It is at this stage, you should remain firm. In case you shift the weight of the body to the front leg, you cannot counter-attack the enemy with that leg. That is the reason why you should shift the entire weight of the body to the back leg and use the front leg only for purposes of balancing. The front leg should be free to attack the enemy at any moment. Lack of balance will weaken you.

2. Your body should remain slightly bent; the leg should not be kept too stiff and should incline to 120°. The foot should look a bit upwards; only then you can attack the enemy easily.

3. The hip should not look forward but should remain turned sidewards. In the front view the hip will re-

main a bit hidden. The front leg will not remain straight it will remain a little aside. See that the hip remains face to face with the front leg. A doubt may arise as to whether you could kick at the enemy with force. With the hip turned sidewards and the front arm kept across the hip. This doubt is baseless. A kick aimed at the enemy in this posture will fall heavily on him (Illustration 6).



Why should you keep the hip turned sidewards? The reason is that the blows of the enemy should not fall on the abdomen and the testicles. While launching an attack against the enemy, it is essential at the same time to protect your abdomen and testicles. (Illustration 7).

4-In 'Yoi' and 'Kibadashi' postures it has been explained, that the leg should be kept wide apart like the rails. In 'Zen Kutsu' it has been said that the leg should remain bent to 45°. In Ko Kutsu, the legs should remain

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in a straight angle. The two legs should function independently. The back leg should bear the entire weight of the body and the front leg will attack the enemy both performing their job dutifully. This should be firmly inscribed in your mind. When once this is forgotten, everything is lost.

Illustration 8 : Side view of one in the Ko Kutsu posture.

Rules for self defence

What Karate is and what postures we should learn to begin with have all been explained earlier. Is it enough if we are familiar with the four important postures mentioned earlier.? No, never. So far we have only seen how we should face the enemy and what postures we should adopt while facing him. Now we shall learn how to attack the enemy in a particular posture. In Karate, one should learn things step by step. We cannot learn every thing over night.

You should daily practise the exercises you have learnt and without a break of the same time.

Karate is a no secret art. There is therefore no need for you to keep learning it a secret.

Karate is not just a system of self-defence. It it as much a sports as wrestling and boxing are. Karate is today acknowledged as a universal game.Even in the Olympic competitions, Karate finds a place and many Karate champions participate in them. Prizes are awarded for Karate. One can therefore be proud of learning and practising Karate with out any reservation.

Practising Karate in the open or "Dojos" is ideal. However such of those who feel shy can practise it at home.

There are some who hesitate to own that they know Karate. There is no need to feel so. In fact knowledge of Karate is a privilege these days. It is well known throughout the world that Karate is an art learnt for self-defence and for protecting others from dangers and those who know Karate will never misuse it.

He was a salesman. He had to move frequently from place to place to sell his products. As he had to carry always costly goods and large cash, he learnt Karate to protect his person and belongings. Within three years, he acquired the black belt as well. Though the black belt is generally worn only when necessary, the salesman used to wear it whenever he went on a tour.

On one such occasion, he was surrounded by a group of four or five persons in a lonely spot. He did not shout,

did not lose heart and did not run away. Karate experts never run away ; they will assume a certain posture and stick on to the spot. The salesman also took such a stand. Just before assuming a posture, he loosened his coat buttons. Baring his chest, he assumed the Ko Kutsu posture. The black belt he was wearing appeared prominent. The ruffians were taken aback when the salesman assumed the Ko Kutsu posture. Next their eyes fell on the black belt. Immediately they realised that the man was a Karate expert and took to their heels.

The knowledge of Karate is a great asset to every body. He is immune to every danger from his enemies.

In Karate you should arrest the blows of the enemy with amazing swiftness. This is known as 'blocking'. You should then decide on the posture to be adopted for launching a counter attack. You should also know which parts of the body should first be carefully guarded against.

The two most sensitive parts of the male body are the abdomen and the testicles and these must be carefully protected against any attack. The sex organs require the foremost protection. If the male organ or testicles or abdomen receive a heavy blow, life itself may be in danger. Or the organs may suffer severe damage. You may even suffer loss of sexual power.

In the case of women a severe blow on the sex organ will at the most make them unconscious. But in the case of males the attack may even prove fatal.

The Chinese and the Japanese are able to withstand any blow even on the abdomen and the sex organs, as a result of their training in Karate from the early years. But it is different in the case of others. Even so, the Chinese and Japanese too take the utmost precaution and pains to ward off a blow aimed at their abdomen or sex organs.

In Karate you must first learn how to protect your abdomen and sex organs. 'Geden barai' is the name given for the posture. How to assume the standing posture and how to arrest the blow are the two stages that characterise this system. In 'Geden barai' hands should be mostly used in arresting the blows.

"Geden barai" that smashes the opponent blows

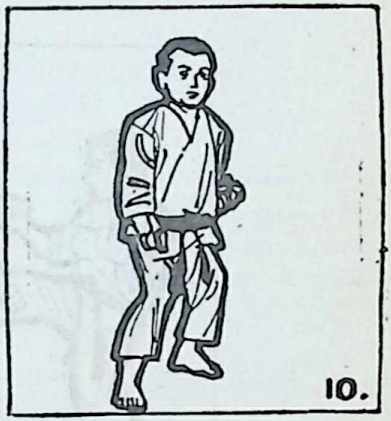
You should arrest the enemy's blows with amazing rapidity. In so doing, you should take particular care to protect the abdomen and sex organs. To achieve both these ends you should adopt a posture that combines in itself the virtues of both Zen Kutsu and Ko Kutsu. People who do not have adequate training in Karate cannot maintain the correct position in the Ko Kutsu posture. In that event, you may at any time fall down, when the enemy attacks you. To avoid falling down, you should take the Zen Kutsu posture. (observe Illustrations 9 and 10 put together).

In the Zen Kutsu posture, you can stretch your leg backwards and at the same time revolve it a bit. Your

body should be inclined slightly backwards. You will not now fall down at the enemy's attack.

How to block the enemy's blows with your hands is what you have to understand and practise.

9.



10.

1. Your fists should be raised above the shoulders but upto the level of your ears (Illustration 9). At this stage you should observe the Zen Kutsu posture.

2. The next stage is how to arrest the blows. When the enemy attacks you with the leg, you should smash the kicks with your hands. Is it possible? Yes, it is. Does not a tiny axe chop off a gigantic tree? Likewise, you should strike at the enemy's raised leg aimed at you with your fists. You should train the hands to move fast and energise them. Sincere practice in Karate will give enough strength and force to your hands. You will acquire the strength of an elephant and the speed of lightning and your hands the sharpness of a sword. Care

should be taken to see that your legs remain rooted to the ground. Otherwise you will fall down. Look closely at Illustration 7. You will understand clearly how to manage the attack. The illustration will clearly show you how to counter-attack the enemy who kicks at your stomach. Only the sides of your shoulders should face the enemy. You should never meet the enemy face to face.

This is very important in "Geden barai" Look closely at illustration 11. If you meet the enemy face to face his kick will hit your stomach straight. This is a wrong posture and quite a dangerous one too.

"Soto Uke" an armour for your heart and stomach

Those who take to Karate should have a thorough knowledge of human anatomy. There are certain parts

of the body which are most vulnerable to attack. There are certain parts where the blow will fall heavily and others where the blow will fall comparatively light. Certain parts withstand the blows and certain others will feel the pain most. You should understand all these aspects and learn to protect those delicate parts which cannot suffer any severe attack. In Karate, there is no room for wavering. Speed is what is required most in defensive tactics and counter attacks. Action without speed is just a street brawl and not Karate.

Those who attack us from the front always aim at our stomach, heart and liver. In Karate the blows from your hands or legs will fall direct on the enemy's heart, stomach or liver as your aim is, just like a bullet hits its target straight.

Soto Uke prevents the enemy's blows from hitting at spots like the stomach, liver or heart.

Soto Uke is an exercise particularly for the women to practise. Enemies particularly aim at the breasts and when the blow hits its mark, the pain will be unbearable. Women should therefore learn Soto Uke in their own interest.

Zen Kutsu is the posture to be adopted in Soto Uke. If you swerve from the posture even a bit you cannot face the enemy successfully. It is in this posture that you can attack the enemy straight and face to face. You should arrest the enemy's blows with your hands and attack him even with the legs if necessary. If you follow this system in Soto Uke the enemy is sure to flee from the spot.

You should practise free movements of hands. The two stages in Soto Uke are: taking the right stand and thwarting the enemy's attack through skillful use of the hands.

For a proper understanding of stage No 1, look at Illustration 12. This indicates the stage of getting ready to meet the enemy. You should now move your limbs to thwart the attack and the movements should be brisk enough to meet the situation. The right hand should be kept slightly raised but should not reach above the head. Both the hands should be kept closed intact.

In the next stage, you should bring swift action to your hands and thwart the enemy's attack. Time is the essence here. Your hands with their swift movements can give a heavy blow to the enemy. And care should be taken to see that you forestall your enemy in dealing the blows. A second's delay on your part will result in a mighty blow from the enemy. (Illustration 13).

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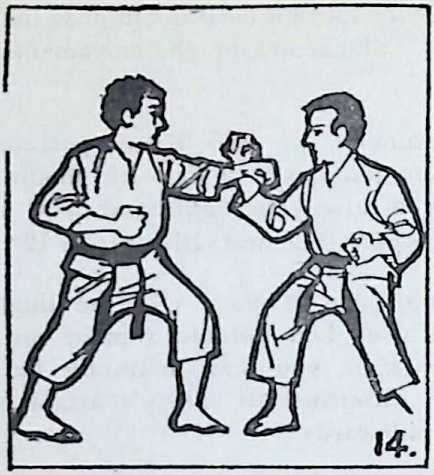
The desire for speed should not impede the movements of your hands. Slackening of the movements means less force.

When assuming the Zen Kutsu posture, you must be clear in your mind as to which leg should be placed behind. If you raise your right hand it is the left leg that should be placed behind (Illustration 12).

In the first stage of Soto Uke, the thighs and the upper part of your body should remain on the same plane. Only then, you can maintain balance, when standing. In offsetting the enemy's attack, your thighs should swing sidewards.

It is at the second stage that you should start attacking the enemy. (Illustration 13). When you block the enemy's attack, your hand should rub against that of the enemy and arrest his blow. Your raised arm should come down with a bang and push back the enemy's fist.



At this hour, your shoulders should swing sidewards and meet the enemy's eye path. (Illustration 14). The forearm should remain a little elevated, so as to arrest the enemy's attack and rout him. You should draw back your left arm with speed and place it in line with your hip. Your right arm should now remain upwards and left arm in line with the hip.

The little finger should remain nearer your body. This is how your limbs should be positioned, so that you can fight against the enemy with speed and skill.

After arresting the blows of the enemy and at the time of movnig back, you should once again assume the original position and stand erect as a deeprooted tree.

In Soto Uke, you should never attack the enemy's fists. Your point of attack is the enemy's forearms. You

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should launch the attack with speed and with the least delay.

If you are foiled in your attempt to arrest the enemy's blow; what will happen to you is clearly revealed in Illustration 15. You will see that your approach is a wrong one.

Joden Uke—How to protect your face?

Whatever be the posture and mode of attack, the enemies will not remain content without striking at your face. Your nose, eyes, jaws and cheeks will have to bear the blows. Though the consequences may not be as serious as when your stomach and abdomen are aimed at, you should know how to protect your face.

While attacking women, enemies will aim the blows mainly at their ears and cheeks. They will strike at the face either on the left or right as also at the jaws. It is

therefore all the more necessary you should learn to protect your face.

Among the innumerable devices to protect the face, the easiest is the Joden Uke system.

We are already familiar with Geden barai and Soto Uke systems. Only when you understand the Joden Uke system as well, the course is complete. It just will not suffice if you know how to protect your stomach, abdomen and chest without learning how to protect your face the vital part of the body structure.

There are again two stages in the Joden Uke posture: Taking the right stand and how to act in the face of the enemy's attack.

The enemy whose aim is the face does not attack you from behind. Mostly he attacks you face to face. you should therefore know what posture to adopt to arrest his blows.

In all the three systems Joden Uke, Zen Kutsu and Ko Kutsu. you can maintain the standing posture with

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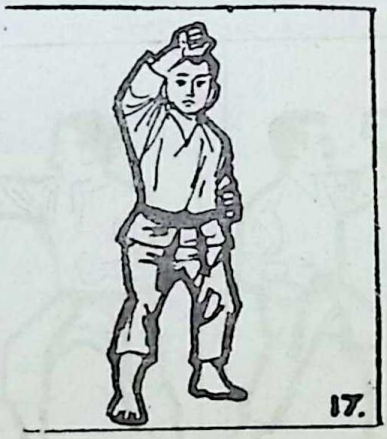
ease. In the Yoi posture, you should place one of your legs behind and bring the other leg forward at an angle of 90°. The weight of your body should rest on the hind leg. Bend your front leg slightly, lift one of your hands up and cover your face. The hand that is raised should remain open and function with lightning speed. This is the surest way of blocking the enemy's attack. The other hand should remain closed. (Illustration 16). Just move your hand that remains open on the right or left. The enemy's blows will shatter to pieces.

Many Karate students will draw back their face in haste fearing the enemy's blows. To overdo this is dangerous in Karate, since the balance will be upset and you will fall down.

It is very important in Karate that you should maintain your stance at all costs, never lose your balance and shatter the enemy's blows to pieces.



17.

How to manage the enemy's blows in the Joden Uke posture? Look carefully at Illustrations 16 and 17. Both

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the hands should be geared into action, alternatively and crosswise. When one of the hands moves up, the other hand should automatically come down. Once palm will remain open, when that hand is engaged in blocking the enemy's attack. At the same time, when the hands move upward and downward in quick succession, the palms remain closed. When one hand moves up, the other hand will remain raised to the level of the hip. You can maintain your balanee only by manipulating your hands thus.

Karate is similar to a circus feet. The saying practice makes perfect equally applies to Karate, as it does to a circus feet.

When the hands are in swift action, moving up and down, they should remain straight and shoulders, sidewards.

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How to face the enemy in Joden Uke posture? Look at Illustration 18. Though you are facing the enemy straight, one of your eyes should be watching the enemy's movements, when you are managing the situation.

Now look at Illustration 19. This is a wrong method. The slightest mistake you commit in Karate will tilt the balance in favour of the enemy and the enemy's blow will fall on your face like a thunderbolt.

Self-defence and counter-attack

Your first task is to defend yourself against the enemy. Next you should take the offensive. Self-defence and counter-attack are the twin objectives of Karate. What is the earthly use of just managing the blows without counter attacking the enemy and striking him down or chasing him away? Only when the enemy is made to take to his heels, your success in Karate is complete.

Knowledge of the methods to rout on enemy is as important in Karate as it is to have a full grasp of the methods of self-defence.

Different methods are adopted to block the enemy's attack and to counter-attack him. You should gain mastery in both. For achieving this you should switch over from one action to another in quick succession.

In a Karate fight, physical strength alone does not suffice. You should bring into play both physical strength and mental agility. Concentration of a high order is one of the foremost requisites in Karate.

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Mere movements of hands, legs and body will not do in counter attacking the enemy. Your brain should also join hands with the former in gaining a victory.

Karate is not just a study of physical exercises. It is a training ground for the brain as well. During a Karate fight, terrifying sounds are released. Why so? It is done just to confuse and perplex the enemy.

"Oie Tsuki"—a straight punch

Now let us know something about the important rules governing a counter-attack. Straight attack is the best one for flooring the enemy in a matter of minutes. This is known as "straight punch". Hands alone are used most in straight attacks. In the "Oie Tsuki" method you not only protect yourself from the enemy but also attack him in turn. Hence Karate experts without exception familiarise themselves with the Oie Tsuki method.

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You should first assume the Zen Kutsu posture before you launch the attack. Immediately thereafter you should go closer to the enemy.

You should never loose heart, while launching an attack.

Look at Illustration 20 and then Illustration 21. A close look at the two illustrations will reveal the methods of nearing the enemy and attacking him, with all confidence. In the Oie Tsuki method your punches should be hard and brisk.

You should not stoop to the front when attacking the enemy. If you exceed the limit, you will lose your balance and as a result you may fall to the ground.

When attacking the enemy you should close your palms. The palm should look upward. The thumb should look up and the fist must be set in action. You should exert all your skill and strength when attacking the enemy.

In the Oie Tsuki posture there are no particular stages of attack. And there is nothing like taking the right stand and launching an attack. Both should be undertaken simultaneously and the enemy should be attacked in the split of a second. Your enemy should strike with pain and fall to the ground. Speed is everything here and you should never give any room for your enemy to surmise your plans in the least. Oie Tsuki method can be self-learnt and is a 100% failure-proof system.

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Mae Geri—Strength Kick

In boxing, hands alone are used to attack the enemy. In France, however, legs are also used. They will launch a massive attack on their enemies in any part of the body. One cannot therefore be very sure about the source of attack. It may be either hands or legs. The French sailors learnt the methods of kicking with the feet from Japan and other eastern countries and these they have introduced in boxing. Even today boxing on this model is taking place in French. This is one of the very important systems in Karate.

Let us now study the three important stages in Mae—Geri.

First Stage : In the straight kick, the leg will rise up automatically and attack the enemy. Our hands should not cross our leg on such occasions but should remain stretched downwards. (Illustration 22) Raising both the hands slightly upwards, you should lift your leg upto

the hip and give the kick. See that the things face and feet remain straight. Only then the attack will be forceful. When one leg is in action, the other leg should remain slightly bent towards the enemy. The foot should at the same time have a firm grip on the ground.

Second Stage : When you aim the kick, lift your leg to 90° and aim the blow. (Illustration 23) Only then the leg occupies a straight position, the kick should fall on the enemy. However keeping the leg straight from start to finish will cause sprain on the knee. You will have to be treated then by a bone setter. It may even necessitate hospitalisation and operation.

When attacking the enemy, you should be clear in your mind as to when to kick and how to stretch your eg, Otherwise you are likely to meet certain unexpected dangers.

Third Stage : You should once again come to the orgianl position and this marks the third stage. (Look at

Illustration 22). However skillful you may be in Karate. the leg cannot function as effectively as the hand. A kick from the leg will take atleast a fraction of a second more than a blow from the fist. In case the enemy does not immediately fall down, he might catch hold of your leg and over throw you. Hence it is necessary that you should bring back your leg to the original position without a moments loss of time. You should continue the exercise without any break, so that swift action becomes all yours. A little slackening of your efforts means deterioration in speed. And Karate without speed is no good at all.

Yoko Geri

Side Kick though a little more difficult, is more forceful than a straight kick. The French boxers prefer side kick to straight kick. Even in the side kick, they aim at the face of opponent. But a Karate man does not kick at the face. The reason is that the leg should be raised high enough to reach the face and the rules of karate do not permit that. Even here, there is another reason too. When you raise your leg too high you lose balance. And balance is of high importance in Karate, Balance should be maintained at all costs.

Side kick does greater injury to the opponent than a straight kick. A side kick will shatter the bones and the opponent will fall down unconscious. The inner parts of the body will get unjured and this is more dangerous than an external wound.

Side kick is known as Yoka Geri in Karate. Though it is a little more difficult to aim a kick at the face. you can pick it up through regular practice.

Following are the three stages in Yoko Geri.

First Stage : The same stance taken for giving a straight kick has to be adopted in Yoko Geri also. Your face should not remain straight but remain diverted to the enemy who is standing sideward. Yoko Geri can be followed only when the enemy is stationed sideward, either to the left or right. Your eyes should keep a constant watch on the enemy's moments. When you send the kick through the right leg, the right hand should go up and remain straight. Likewise, when you send the kick through the left leg, the left hand should go up and remain straight.

24.

25.

Look at Illustrations 24 and 25. You can observe how the leg swings sideward with force and the hand changes position. The other hand should remain slightly inclined without moving too far from the body. When you give the side kick the hands change position naturally so as to keep the balance. Even where the opponent

meets you face to face, you can give the side kick. You have just to turn round and aim the kick at the opponent sideward. All the same your eyes should keep a vigil on him.

Second stage : You should also learn how to move back the leg after dealing a kick. Visualise a person carrying piles of books on both the hands. What does he do to close the doors ? He gives a kick with his leg to close the door. You should follow the same example. Your body slightly stoops in that event. (Illustration 25)

You should not stoop too much either lest you fall down. When giving a side kick you will not lose balance if only you keep your leg slightly bent. At the moment of sending the kick, your body inclines in the opposite direction (Illustration 25).

Third stage : You should once again come back to your original position. Though this may appear easy, a little carelessness will inbalance you. Your body should not stoop too much to the sides. You should not give room for the opponent to catch hold of your leg. When you draw back, the leg, the body should automatically stand erect. Systematic practice will make the job easy.

In Yoko Geri your leg should be firmly rooted to the ground, if your kick is to have the punch. The leg that is rooted to the ground should not move in the least on either direction. When you are in action, your foot and heel should have a firm grip on the ground.

Escaping the blows is Karate

Self-defence alone will not suffice in Karate. You should also be able to attack the enemy. How to attack the enemy both with hands and legs has already been explained in the earlier lessons. We should see that we do not sustain any injury both when we shatter the enemies blows and counter-attack them. This alone is Karate proper and Karate perfect.

It is important in Karate to master the art of bending the fingers. Bending the fingers is difficult indeed. Even boxers wonder how this is done. This comes only through regular practice for days and months. Practice also gives you a sound knowledge of how to form the proper fist.

Stretch all your fingers first. Keep the thumb alone separate. Bend the last two fingers. Practise this with the help of your other hand in the beginning. In due course, you can do this effortlessly. Now bend your fore finger and middle finger, see that there is no gap in between the fingers and press them tight with the thumb crossing other fingers. The fist should be as small as possible. The thumb should never be stretched outside, so that it does not suffer any damage or sprain, when attacking the enemy. Since the thumb is kept away from the other fingers, it will have more strength.

Leather shoes are avoided while practising Karate. Canvas shoes may however be used, if desired. In the earlier years, students learnt Karate without shoes. Even when they went out, they went without shoes.

In Karate, you should learn to make use of your legs as well besides the hands. It is better to practise using the legs without shoes. At the time of dealing a kick, press your heals to the ground and raise your front feet a bit. Even if you practise Karate with the shoes on, this practise can be observed to your advantage. When kicking, the front portion of your feet alone bears the shock. You should strike only with the soles of your feet. Even those who are having complaints in their bone joints will find this convenient.

Both in Mai Geri and Maewari Geri, a yet another system, the soles of the feet alone should be used for dealing kicks.

In Yoko Geri, the heels give the blows. At that hour, the foot will bend and the muscles will harden. Such a blow will be very severe and no enemy can bear it.

You should practise all these exercises without shoes. The feet will get more fattened and it will be a pleasant experience for the Karate student to walk barefoot.

You should first practise the exercises with the aid of sand legs or wall. You should proceed step by step. Do not make haste and fracture your hands or legs.

What next, after the simple exercises

Practise the lessons so for learnt regularly and without any break. You will improve your skill, no doubt. But never imagine you are thorough with Karate. As

the next step, commence learning some, advanced systems in Karate.

It is necessary too to learn a few advanced systems in Karate. These are five in number. You should study them deeply and retain them in memory. They will pinpoint the pit falls to be avoided when attacking the enemy. If you take care to avoid these pit falls and plunge into action, success is all yours in Karate.

The forthcoming exercises in Karate are difficult indeed. However there is no reason to suppose that you cannot master them. Practice will make you perfect in the art. Does a student after having campleted his school education feel nervous in taking up the collegiate education? He does not and should not. You should follow his example.

Those who are world champions in Karate had their own diffindence in the earlier years. But gradually they revised their wrong notions. Take the case of Master Hima one of the world's leading exponents of Karate. He too had his initial diffidence.

Shuto Uke: chopping with the hands

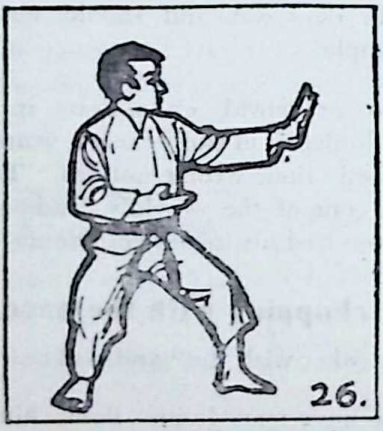
Dealing strokes with the hands is known as chopping.

Those who have seen James Bond films will understand what chopping is. Flooring the enemy with bare hands is a common feature in James Band films. Sean Conery the actor does just this in these films.

You too should use this chopping method when attacking the enemies. This system is known as Shuto Uke

and will prove most useful when attacking the enemy above the hip and straight on the head. You will also find this useful in self-defence. There are certain variations and certain special movements to be understood and practised, when the system is used in self-defence and counter-attack. You should particularly note those differences and learn to handle the system to your advantage.

In Shuto Uke, you should swing your hands freely and make the best use of them. The shoulder bones have much to do in this system. Hence, those who have gas trouble or suffer from pain in the joints should not follow this system.



26.

How to assure the Ko Kutsu posture has already been dealt with. To practise chopping with the hands in this posture is quite easy and ideal for the learner.

You should slightly bend backward and rush forward. (Illustration 26). The body should maintain balance, legs

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should keep their proper place and the body's weight should be borne by the back leg.

Just as you use the hands to block the enemy's attack so also you should use the hands for chopping. The hands function like a sword.

27.

Illustration 27 makes it char as to how to assume the stand when adopting the chopping method in Karate. The left hand should be used for self-defence and the right to attack the enemy. Those who are trained in the chop method can foil the blows aimed at their face or middle part of their body. Hence this proves a very useful system, you should be able to judge to what extent the hands should rise and swing forward to attack the enemy.

What is the posture to be adopted to block the enemy's attack? Look at Illustration 28. In Shuto Uke, the hands can be raised to the level of ears. Depending upon your practice, you can make use of either hand or

28.

both the hands alternatively. The palms should meet your face. When in action, both the hands should function lengthwise and crosswise. You should assume the Ko Kutsu posture and move your back leg. The shoulders should remain stiff and straight.

29.

How to shatter the enemy's blows and attack him in turn can be understood on a close look at Illustration 29.

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This is a pretty difficult exercise. The right hand that is close to the ears will block the enemy's blows, while the left hand that is close to the chest does not function at all. The right hand will swing forward to the extent that the shoulders do not ache.

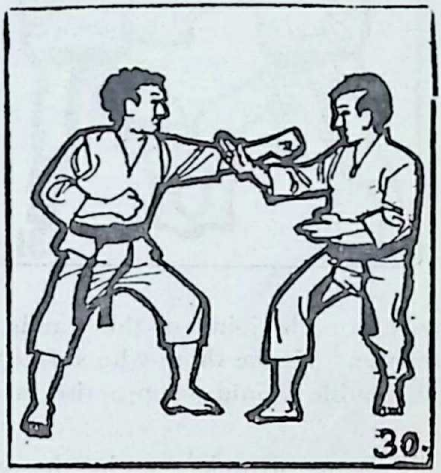

Illustration 30 will indicate how you should chop his blows when he attacks you. Both of you would be looking at each other. You should never move your sight this side or that side. At the time of chopping your elbow should not have much of a movement. It should not go beyond the sides of your body. Illustration 30. indicates how the left hand is ready to defend the chest-bones, side bones and abdomen. The posture in Illustration 31 is a wrong one.

"Uchi-Uke" self-defence-and Counter attack : Juden Uke, though difficult to practise is not a dangerous one. But "Uchi-Uke" is a little more dangerous. It is an

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abnormal system. The joints of the hands would come in for greater use. Hence those who suffer from shoulder pain and gas trouble should not practise this system.

When the enemy attacks you in the centre part of the body, you should block his blows and attack him in turn. This system is known as "Uchi-Uke. Uchi-Uke trains you to block the blows from the enemy's hands or legs. Only the highly experienced in Uchi-Uke can practise the art with success. If you commit the slightest mistake, you cannot block the enemy's blows which will fall straight on you.

"Ko-Kutsu" is the posture you should adopt when following the Uchi-Uke system. You may wonder as to why, already practising the difficult form, you should combine the Ko-Kutsu posture, an equally difficult one. To roll two difficult systems into one is not desirable.

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You may therefore practise the Uchi-Uke system in the Zen Kutsu posture itself. The one who is moderately trained in Karate will do well to adopt the Zen-Kutsu posture, which is comparitively easier and where the shoulders need not remain exactly on a straight line.

There are two stages in "Uchi-Uke"; 1. Getting ready to shatter the enemy's blows. 2. Blooking the the enemy's attack.

32.

33.

In Uchi-Uke only the right hand will rotate. In the beginning the right hand will remain below the elbow of the left hand. Both the hands will remain prepared to defend the center of the body. When the fist is closed, the thumb will look above. You should practise it, assuming the zenkutsu posture. Illustration 32 will explain how the right hand remains ready to launch the attack on the enemy.

Illustration 33 relates to the counter-attack. The inner portion of the hand should be used to block

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attack. And your action should be swift. The front part of the hands will ache and you should cultivate patience to bear the pain.

You should place one hand by the chest and swing it forward to block the blows. And the other fist should remain closed by the hip.

Our body should neither face the enemy straight nor be inclined too much to the side. The limit is 45°. As far as possible you should turn the hip only.

See that both the shoulders remain straight. Any upward movement of a shoulder will imbalance you.

In the initial stages of training in the Uchi-Uke system, you will feel some pain. After the practice is over, if suddenly you feel pain in the shoulders, you should discontinue the practice for some time and start it once again after taking some rest.

Gyaku Tsuki-The Art Of Turning straight And Launching The Attack

You should always bear in mind that the enemy will be as alert as yourself, when a confrontation takes place. Even though we succed initially in blocking his attack, the enemy will resume his attack with renewed vigour. We should not allow this and should immediately launch our counter-attack.

Blocking the counter-attack with lightning speed-This is Gyaku Tsuki.

In Gyaku Tsuki, there are no hard and fast rules as to the stand we should take and the mode of attack we

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should adopt. Assuming the same stand we adopt in blocking the enemy's attack, we should launch our counter attack. Ours should be a face to face attack and we can use both our hands and legs. Thus it may appear to us that Gyaku Tsuki is the same style as Oie Tsuki. Look carefully at Illustrations 21 to 33 in order. In Gyaku Tsuki you should assume these postures and adopts the movements as occasion demands.

34.

35.

Immediately on blocking the enemy's attack, you should launch your counter-attack without a moment's delay. (Illustrations: 34, 35).

There is no time for you to watch or anticipate the enemy's intentions. When the enemy is by your side, where is the time for you to ponder or waver? The enemy will gain the upper hand if you make the slightest delay. It is therefore absolutely necessary that you should attack the enemy then and there and should not remain content till he is comptely routed. Speed, lightning speed is the essence in Gyaku Tsuki.

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Uraken-Attacking the Enemy With the back of your hand

The enemy may come single or may be accompanied by another. You should not feel diffident. You should face both of them with courage.

If two persons come together to attack you, one will attack you from the front and the other from the side. Both will attack you simultaneously and you have to manage both of them. In narrow paths, this sort of contingency will arise.

You should turn back your hands and attack both the opponents with the back of your fist. This system is known as Uraken. When you have to hit at both of them you will have to turn back your body a little and this is quite easy for a Karate student.

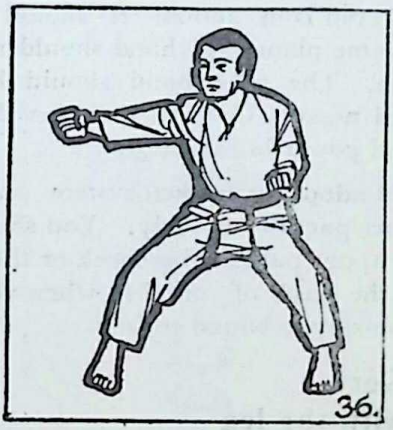
Those who are trained in Uraken, can manage any number of persons. As you are learning this system, you should imagine that you are being surrounded by a group of persons. Whatever the number, only one can attack you at a time. You should hit back each and every one with lightning speed. You should move about freely and attack the enemies one after the other. You should therefore learn how to turn round freely maintaining the original stance.

You must attack only one, at a time. Immediately there after, you should hit at the other. Both your brain and body should act together.

When you succeed in flooring one opponent and look at the other on his face, he will lose heart, and try to retreat and run away.

You should first learn the posture you have to adopt in order to attack the enemies with the back of your fists. The Kiba dashi posture is the ideal one in this respect. Follow the 'Yoi' stand for turning round on all sides.

In the "Yoi" posture, make use of your heals to turn round rapidly. You should not maintain the posture for long. If you falter, the enemy will attack you and floor you. You should therefore change to the Kibadashi posture. You should further move forward that leg which is placed in front, Advancing thus, you can attack the enemy in split seconds,



Your hands should swing fast. Soon after assuming a particular posture, you should aim your blows at the enemy. Look at Illustration 36. Your hands are vibrating and getting ready to launch the attack. At that hour, you will not have the slightest time even to turn your head.

There are too postures in the stance and two in the use of hands. However all the postures will merge into one another, when attacking the enemy.

At the time of practice, you can proceed pretty slowly. But when it comes to the question of meeting a real situation, you should act very swiftly. The snake without moving its position, will attack a person from its place. Action in Karate is exactly the same.

For a clear understanding of how to raise the hand for attacking the opponent, refer to Illustration 35. The hand should never lower over the shoulder. If you turn to the right, the left hand should be used. If you turn to the left, the right hand should be used.

When the hand is in action, it should launch the attack on the same plane; the hand should neither go up nor come down. The other hand should have the fist closed tight and move. Only then there will be speed in your action and power in the blow.

You should adopt the uraken system only when you aim at the upper part of the body. You should strike at the nose, jaws upper part of the cheek or the sides of the forehead with the back of your fist, when your attack is powerful, the enemy is bound to lose.

Mavashi Geri-
Attacking with the leg

We have already seen how to attack enemies who approach us from the front or the sides. We should now learn how to attack them with the legs. Mavshi Geri is the system where you attack the enemy with the leg.

To attack the enemy with the legs is more difficult than to attack him with the hands. Only the really

capable can attack the enemies by the sides with t he legs. You should be able to bend the hip as you like. Mavashi Geri is similar to a circus feat.

In Mavashi Geri you can attack the enemy with your leg on his face, chest, stomach or abdomen.

A little carelessness however will imbalance you. When the balance is lost. you will fall down and the enemy will sit over you. Hence it is necessary, you should acquire proficiency in the system. You should first practise kicking with the leg at a lower plane. Slowly you should practise lifting it up and kicking at the enemy. You will soon be able to balance yourself like a circus man.

There are three stages in Mavashi Geri. The first two are difficult one while the last can be practised easily.

Look at Illustration 37. This marks the first and more important stage. Unfortunately many students do

not practise this properly. Only when you learn this properly, the other movements will come all right, and can reap the benefits. The body should lean a little to the side and the hands should be able to balance. The entire weight of your body will rest on a single leg. To raise the leg further up and kick is pretty difficult. The leg that is raised up should not remain visible to us at this stage.

It is for this reason that some students practise this exercise in front of a full-size mirror, so that they can see for themselves their stance and movements. To raise the leg to the desired height, though difficult in the initial stages, will become easy after regular and repeated practice.

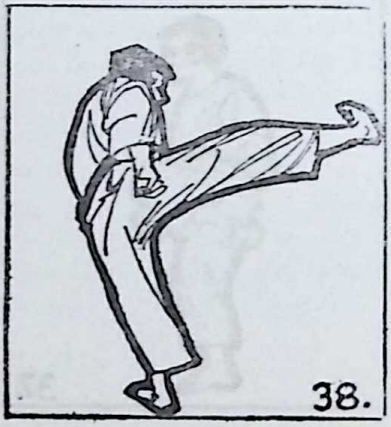


Illustration 38 marks the second stage. Here you should be able to stretch your leg that remains raised. You should stretch that from where your leg rests like a straight line. Now when you send a kick with the stretched leg, your body will lean to the side. To with-

stand the shock after sending the kick, you should balance both your legs and hands so that you do not fall down. To that extent you should send your kick, stretch your hand and bend your body. All these things will become familiar to you through practice. In the course of the practice, what ever it is, you do your eyes should always be watching the enemy.

Bringing the leg to the original position after sending the kick is the third stage. After bringing it to the original position you should firmly place your legs on the ground and stand erect. You should never allow room for the enemy to catch hold of your legs. Sending the kick and drawing it back should be done without a moments hesitation.

We have so for studied the five advanced methods in Karate. You can practise these all by yourself. However what is most expected of you is concentration. You should not commit the slightest mistake and when you do so you should correct the mistake. Those who have the time and energy to spare, can learn these five methods in. Dojas, where the Karate masters will demonstrate them.

It is always desirable to practise karate in a group. This will help us to assess our progress.

Even those who could not have training in a dojo may visit a dojo occasionally and watch how others practise the lessons.

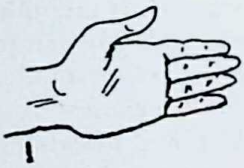
How to Train your Hands in Karate?

Hands play a vital part in Karate. It is therefore necessary that you should learn how to position them,

how to strengthen them, how to maintain them and how to close the fist. All these you should learn so that your blows will have the necessary force and strength to floor the enemy. The following diagrams will illustrate how to use the hands.

Scikow—ordinary fist

See diagram 1. The thumb will remain apart. But the other four fingers will remain straight sideways and closed together with no gap inbetween. Your hand will now resemble an aeroplane in flight.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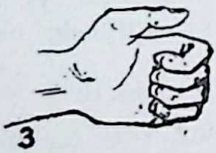
2

In Diagram 2, the thumb will remain slightly raised and the other fingers bent and touching the palm.

In Diagram 3, the thumb will remain lower a bit and the other four fingers will remain tightly bent.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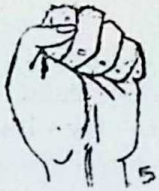
In Diagram 4, the four fingers will remain bent and the thumb will fall on the forefinger.



Look at Diagrams 5 & 6. You will observe a difference in the formation of the fist. In Diagram 5, the thumb will fall on the fore-finger. In Diagram 6, the thumb will fall on the fore finger and lie underneath the other three fingers and touch the palm.

In Diagram 7, we see the reverse of the hand.

If you launch the attack keeping your fist as in Diagram-5, you should do so keeping your fingers tight. Otherwise you are likely to damage your fingers.

The above diagrams will help you to pattern your fist in different ways. This types of fists are known in Japan as Sickow i. e. simple fists.

Hireken—flat fist

Look at diagram 8, Four fingers of your hand are bent with gaps in between. The thumb touches the side o the fore-finger. You should attack the enemy with the joints of the fore finger and the middle finger. When you attack the enemy on his face, you should adopt thi method.

Uraken—Back Fist

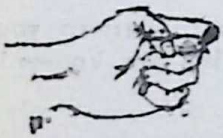
Diagram-9 indicates URAKEN. Remember that you should attack the enemy on his face only with the bottom of your middle finger.

KENTSUI — Hammer fist

Look at Diagram 10. You should attack the enemy with the root of the palm. You can thus attack the enemy as with a sword. You can use this type of fist for blocking the enemy's attacks as well. You should attack the enemy only with the hardest part of the hand.

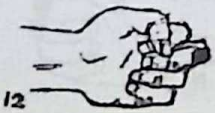
Hito Sashiyubi Ipponken

The fore-finger fist : This is more or less similar to Uraken. The only difference is the fore finger will remain a bit stretched forward. (Diagram 11) This kind of fist will help you to attack the vital parts of the enemy's face.



Naya Kubi Ipponken

Making a simple fist, with the middle finger a little more stretched forward, you should attack the enemy. (Diagram 12). A blow with the middle finger will be sereve on the enemy's lower part of the nose and and upper part of the cheek.



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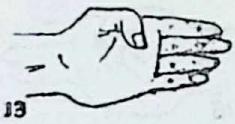
Tegatana



Using the hand as a sword:

1. You can use four of your fingers like a sword against the enemy and floor him. You will understand from Diagram 13 as to how to inflict a blow on the enemy's nerves with the tips of the fingers.

2. Look at Diagram 14. In this thumb, the ring finger and little finger will remain bent, the fore-finger and the little finger will be stretched forward.

3. Diagram 15 will indicate how you should keep your hands so as to utilise the fore-finger. The fore finger will remain stretched and can be thrust into the enemy's eye.

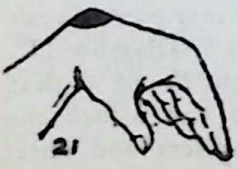
4. You can use the entire arm against the enemy like a sword. Here the thumb will remain bent and the other four fingers will remain stretched forward. (Diagram 16), you should attack the enemy with the middle part of your palm.

5. You should use the rear part of your hand against the enemy. (Diagram 17). Here you should bend your thumb so that it joins the palm. You can attack the enemy on his face, shoulders and chest with the rear part of your palm.

6. Look closely at diagram 18. The thumb will remain closed in the palm. You should raise the hand upwards and attack the enemy with that portion of the thumb indicated by a black dot.

7. Keep the hand as indicated in diagram 19. Your hand will now function like a pair of scissors. The thumb and the fore finger will act as a pair of scissors. The other three fingers will be touching the palm. You should attack the nerves of the enemy's neck with that portion that lies in between the thumb and the fore finger indicated by a black mark.

8. Stretch forward your thumb and the fore finger and bent the other three fingers. Again your hand will act as a pair of scissors. (Diagram 20). Press the enemy's throat with the space lying between the thumb and fore finger. If necessary you can stretch the other three fingers and make the enemy gasp for breath.



9. You can bent your hand like a bow. (Diagram 21). Turn your hand upward down and stretch all the fingers to face ground. The wrist will remain bent like a bow. Attack the enemy with that portion of the wrist indicated by a black mark.

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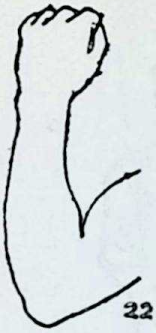
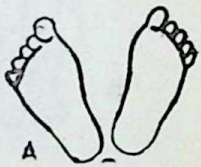


10. Look at Diagram 22 and you will understand how to position the fore arm to attack the enemy. You can hit at the enemy with any portion of the forearm.

Ashi No-Tachi-Kata: How to position your feet

1. Linked feet : Position your feet as indicated in Diagram 'A'. Now both your hands should remain straight towards the ground. Your eye path should remain straight. In this posture, your shoulders do not get much of a strength.

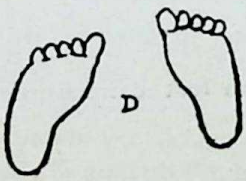


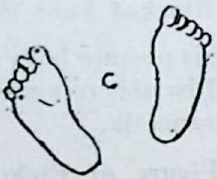
2. Blocked Foot Posture

In this posture both your feet should remain straight. You will be able to understand it clearly with the help of the Diagrams 'B'.

3. Figure of Eight Posture

When you stand with your feet kept apart, how is the posture like ? Look at Diagrams 'C'. Diagram 'D' indicates the position when the feet are kept narrow. Whatever posture you adopt, your body should have the shape of figure 8.



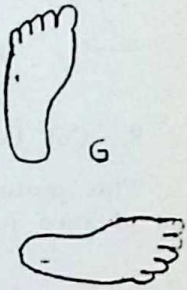


4. Keeping the legs wide.

When you keep your legs wide, your feet can assume two styles. Diagrams 'E' and 'F'.

5. Keeping the legs like the letter 'T'.

Look at Diagram 'G'. The posture will resemble the letter 'T'. Though this may appear to be a pretty difficult posture, it will become familiar with practice.



6. Inclined Posture

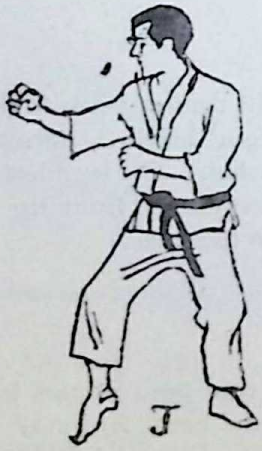
Look at Diagram 'H'. The space between the two legs will vary depending on your height. Normally the gap will be two feet and six inches. The leg that is kept forward will remain bent. However the front leg should remain straight from the foot to the knee.

7. Retroflex Posture

Look at Diagram 'I'. In this posture the left leg that is placed behind will remain bent. However the leg from the foot to the knee will remain straight.

8. Cat Foot Posture

This posture will be found very useful, both while you advance forward to attack the enemy or while you



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retreat in order to escape from the enemy's. The entire weight of your body will rest on the back leg. The front leg will also remain bent. The heal will remain raised (Diagram J).

9. Hero leg Posture

Diagram 'K' will look funny indeed! You should stand on one leg, right or left, like a stork. You should give training for both the legs.

10. Equstrian Posture

The posture is something like riding a horse. (Diagram 'L'). The front legs will remain slightly bent. The heels will remain apart and both the legs will remain bent. But the front leg will remain stretched from the foot to the knee.

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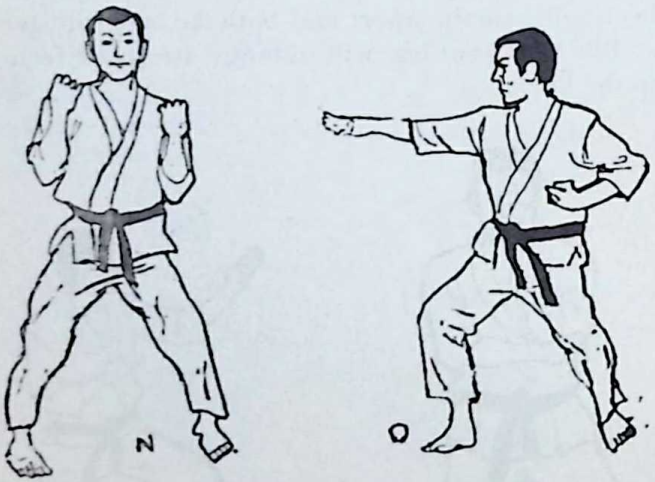
11. Four thighs posture

The front legs and the knees should remain prominent outward. (Diagram 'M'). Your body will now resemble the number '8'. Both the legs will remain wide apart. The ankles will remain bent. The upper part of the body will remain straight, while the hip will remain pretty relaxed.

12. Three Battle posture

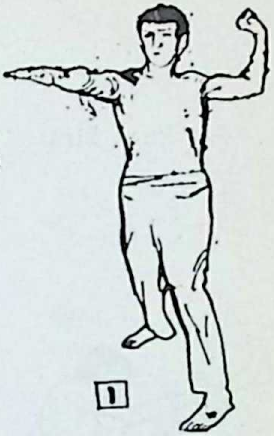
In this posture you can stand, stretching forward either the right leg or the left. (Diagram 'N'). How to keep the arms bent is very important in this poture.



13. Immobile posture

Keep your legs wide apart and stand. In this posture the weight of the body should be equally shared by both the legs bent slightly. The heels should remain directed to the one and the same side.

Some Exercises in Karate



1. Outside Block

2. Cross-armed Block

3. Side Kick

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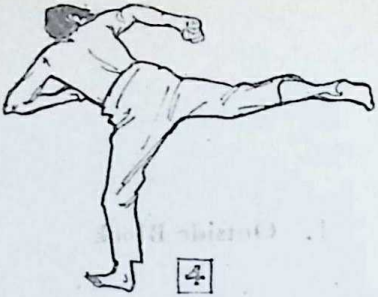
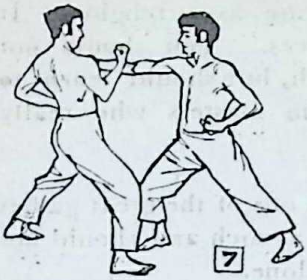
4. Back kick



5. Round house kick

6. Back ward Blow with fist



7. Outside Block at shoulder level

8. Reverse punch

Things to be learnt at the Dojo

Karate is not just an art of self defence and counter-attack. It trains you in character building. You must prove yourself worthy of the confidence. Dojo deveolps character in you.

1. You should learn all the common exercises in Karate. After achieving proficiency in the general training, you should specialise in a particular branch. In Karate there are number of branches of study. You should choose one of them for special training and master it.

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2. The Japanese respect Karate as a religion. It has a code of principles and practices. You should not therefore ignore these as blind faith, but should learn to respect them and learn Karate from masters who really respect the art.

3. Karate is a sports. It is one of the great games of the world. You should take it as such and should not treat it just as a system of attack alone.

4. Karate should be practised on the bare ground or on a mat. You should not practise it anywhere you like in the name of modernism.

5. Karate masters should be respected and revered as preceptors. Those who have learnt Karate should never become arrogant and consider themselves as matchless. They should respect the visitors to the Dojo.

6. You should participate in all the competitions. If you suffer unexpected blows in the mock-fight, you should find out your defects and rectify them. The aim of Karate is to defend yourself successfully from the opponents and launch counter attacks on them.

7. There is nothing wrong if you try to floor your opponent in the mock fights. But you should never allow emotion to get the upper hand. You should not treat it as a real fight.

8. There is a branch in Karate known as "Kata". It teaches you how to manage when you are attacked by a group of persons Only the most experienced in the art like the black belt holders and grand masters should practise this form. It is not for the beginners

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9. It is possible to obtain a black belt through hard and regular practice But to become a master in Karate is very difficult. 'Master' means 'champion'.

10 In Dojos, high importance is given to control the mind and lessons are given on that. Some will get bored at this and will discontinue their studies. This should not happen. Patience and steadfastness are expected of a Karate student.

11. You should assess the qualifications and worth of your master before you enrol as a student. You should choose the right master and have complete faith in him and follow his instructions. Sometimes even the masters may err. Is not it true "To err is human?" You should not slight them or belittle their importance just because they have erred occasionally.

Respect the Black Belt

Karate is today a world-renowned art. A black belt holder is respected throughout the world. It is therefore natural that we should also respect a blackbelt holder. We should have the faith that when once we get the black belt we will also receive similar respect from others.

Why is a black-belt holder respected? It is not just for the reason that he had obtained the blackbelt. We are in fact respecting him for the patience, self control, right conduct and courage he had all along practised for getting the blackbelt.

While learning Karate and while moving with those who had learnt Karate, we should always assess the degree of proficiency each one had reached and give them due regard. In Karate there is no distinction between the

rich and poor and the high and low. All are equal in the eyes of Karate.

In Karate your body should be strengthened

You should strengthen your body while learning Karate. Though Karate is an art where no weapons are used, it is necessary that you should strengthen your body to withstand the blows of the enemy. Though the enemy attacks you with his bare hands and legs, the pain will be unbearable for you. You should therefore strengthen your body like a solid stone.

When we attack the enemies, our hands and legs should not suffer serious injuries. At the same time we should deal heavy blows on the enemy. For these reasons we should strengthen both our hands and legs. In short our body should have the strength of steel.

To solidify the body is not in the nature of things. The only way to achieve this object is to get trained in the various exercises in Karate, step by step and receiving and giving blows during the period of training.

Solidification of body is necessary both for self-defence and counter attack. Even women who learn Karate should also solidify the body to a certain extent and they can then easily floor the strong and mighty.

One has weak-points in forty parts of his body. When hit at the right spot, he is bound to fall down.

For example, in Japan a black-belt holder chose to fight against fiftytwo bulls. And how did he fight ? Just with his bare hands, he attacked the bulls one after

the other. He succeeded in killing three bulls and breaking the horns of the other forty-nine. Karate gives one such unusual strength.

Those who possess white belt should be mild in dealing their blows and those who hold black belt should wear foam-padded gloves when they engage themselves in a mock-fight, since everybody cannot withstand, such heavy blows.

In Japan and China certain harsh methods are adopted for strengthening the hands.

Hands are immersed in fried sand. Later the hands are dipped into a sort of cold liquid. In due course the hands treated thus acquire the sharpness of a sward. But you should not addopt this on your own You should learn this only from the knowledgeble Karate Master. You should practise only the normal and practicable exercises in Karate.

Salient features of Karate

1. Karate keeps you hale and healthy. It is a body-building exercise and you should learn it primarily on self-defence. You should not on any account waste your time, energy and money in order to become a Karate Master.

2. A student of Karate should have dietary control. He should not over stuff his stomach. Food should be taken piece meal. Fat should be avoided. your body should remain light and flexible.

3. Fruits should be taken.

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4. Fresh vegetables. honey, curd and milk should be taken frequently

5. One can commence learning Karate from his eleventh year.

6. Character and self control are the two eyes of Karate. Students of Karate should be men of character.

7. You should practise breathing exercises daily and learn to control breath in Karate.

8. To-day in Japan there are fourteen prominent institutions to teach Karate. The Bodekhan Institution in Tokyo is the most famous one.

9. In India, Karate is taught in big cities like Delhi, Bombay, calcutta, and Madras. Thousands of students including women are practsing Karate in these institutions.

10. Women are to-day learning Karate for self-protection. Karate gives them strength and energy. Even women of foreign countries are learning Karate.

11. To shout and yell in Karate is to create fear in the minds of the enemy. You should have adequate practice in this respect.

12. One trained in Karate raises his closed fist against the face of the enemy and stretches his fingers broad. The reason behind it is to block the enemy's sight.

13. One who is trained in Karate is known as 'Karateka.'

14. Students of Karate should learn how to control the mind. He should daily practise meditation for atleast ten minutes.Evil thoughts will not enter his mind and the brain will remain fresh and alert.

15. It will take atleast eight months to learn the elementary lessons in Karate and three years atleast to become an expert. It is not an art for the hasty.

16. Eight kinds of belts are awarded in Karate. The first one to be awarded is the white belt and the last, black belt. The different colours signify the different stages of progress. The black belt holder is respected as an expert.

17. Those who rise above the black belt stage are few and far between in the world.

18. A Karate learner does not put up weight. And his actions will be spontaneous and natural.

19. Those who are trained in Karate will always remain calm. Their selfconfidenee will cause diffidence and fear in enemy.

20. Even the black-belt holders should not think that there is nothing for them to learn any more in Karate.

KARATE

IS

BOUNDLESS

OCEAN !

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ABOUT THE AUTHOR AND THIS BOOK

TAMILVANAN has written over 500 books on varied subjects catering to the needs and tastes of all sections of the reading public. He has rightly been titled "Master of all subjects". His is a popular name wherever Tamilians live.

TAMILVANAN was the Vice-President of All India Karate Association for more than seven years and quite thorough with the subject.

"LEARN KARATE BY EASY WAYS" in both its Tamil and English versions has been written in a simple and easy - to – understand manner, avoiding technical jargons. This book contains 105 illustrations so as to enhance its usefulness. Among the books that have been published on Karate, this is the best by virtue of its simplicity and practical approach.

THIS BOOK in its original version has created history in the publishing world. It had record-breaking sales.

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